



Community
sports digest
.....Page 6



Your health:
Ask Dr. Gott
.....Page 3

FORUM
Our readers write

.....Page 4

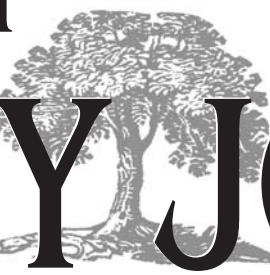
INSIDE

World briefly
.....Page 2



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The Ukiah



DAILY JOURNAL

Mendocino County's
local newspaper



Tomorrow: rainy and
cold; H 46, L 34

TUESDAY
Jan. 22, 2008

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Look for cold and rain all week; rain totals still down

By ZACK SAMPSEL

The Daily Journal

An upper-level low pressure system moved over Northern California Monday, and brought with it cold temperatures and more precipitation, which could lead to slick commutes this week.

The National Weather Service in Eureka, said Monday that light rain and snow were in the forecast throughout the Mendocino County area. Nearby in Lake County, snow was reported along Highway 175 as well as Little River Road near the coast. According to the NWS, snowfall shouldn't be expected at elevations lower than 1,500 feet, with the chance of more accumulation at higher altitudes.

"There will opportunities to pick up several inches of snow at those 3,000 foot levels and higher," said Meteorologist

Mark Burger. "Even though there will be accumulation in areas, I wouldn't expect to see exactly an inch each day. Snow accumulations will be much more localized than we've seen earlier in the winter."

According to the NWS, people in lower elevations can expect light rain and cold tem-

peratures through Wednesday. Low temperatures and rain along the coast could be mixed with small hail at times.

Toward the end of the week another system is expected to move into the area and bring

See WEATHER, Page 14

NWS depends on local weather spotting volunteers

By DONNA TAM

The Eureka Times-Standard

ARCATA - James Ruegg has been in the weather business for a long time. After he retired from the National Weather Service in 1989, where he worked for about 50 years, he went on to become Humboldt County's first weather spotter.

Weather spotters are volunteers who update the weather service about conditions from their home, using observation and basic equipment to monitor the weather.

Each spotter is assigned a identification number, which starts

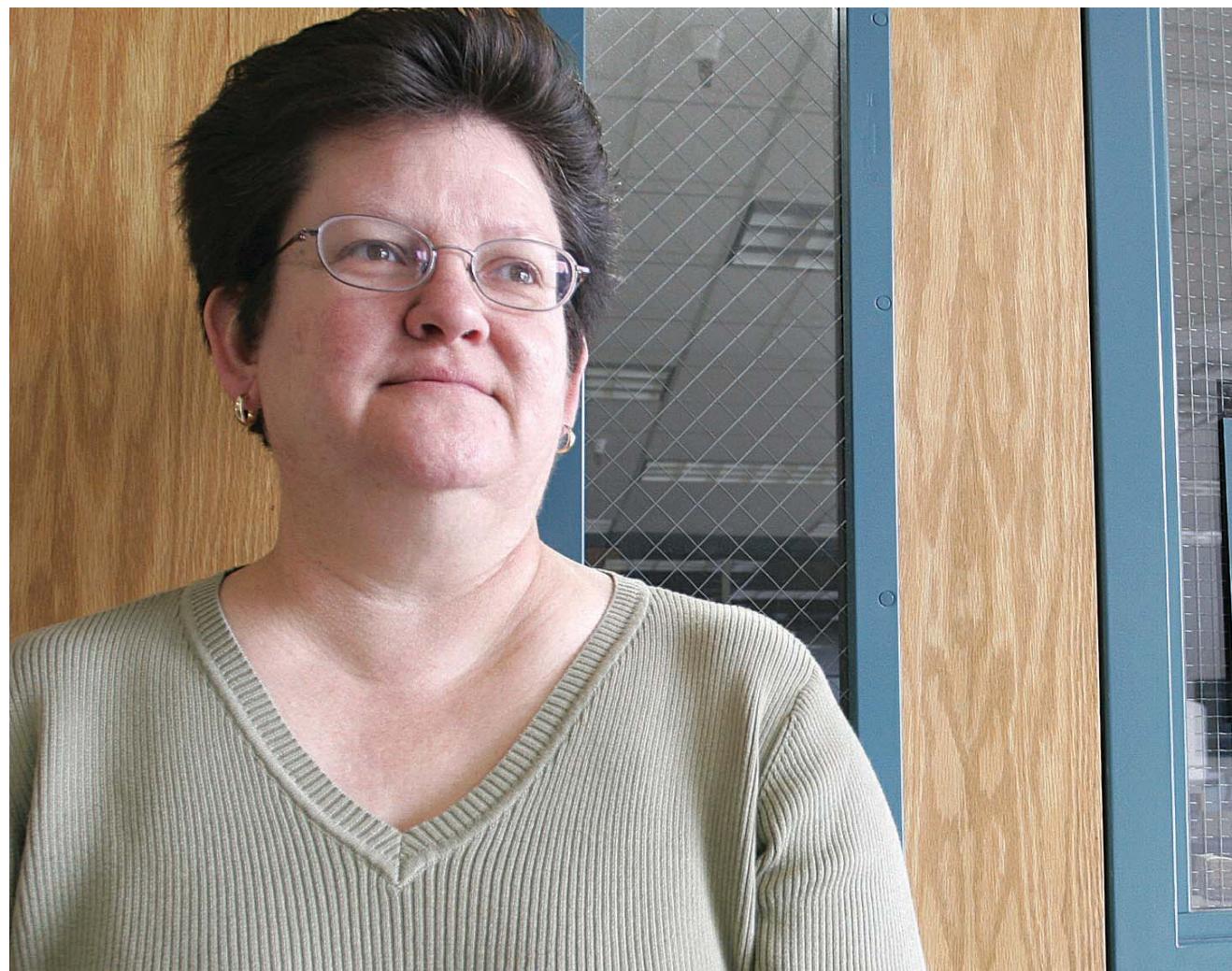
See SPOT, Page 14



Sarah Baldik/The Daily Journal

Trucks turning onto West Road from North State street in Redwood Valley just after a short and heavy downpour. This weeks forecast calls for rain and cold temperatures.

NEW FACE AT THE ELECTIONS OFFICE



Sue Ranochak, the new Mendocino County Clerk-Recorder has worked for the county for more than 23 years.

Election keeping clerk busy

By ROB BURGESS

The Daily Journal

They say there is no such thing as a stupid question.

Asking Sue Ranochak, Mendocino County's new assessor/county clerk/recorder, if she is busy with election preparations three weeks before the Feb. 5 primary might count as one though.

"The Registrar of Voters part of my job has taken up most of my time lately," she said. "We have extra help people coming in now. Right now we have six of them. Things are going pretty well. We are sorting the mail-in ballots. We can't open them until Friday."

Ranochak began her duties on Jan. 1, replacing outgoing County Clerk Marsha Wharff, who announced her retirement in September. Ranochak was sworn in at the Jan. 8 Mendocino County Board of Supervisors meeting and is scheduled to complete

Wharff's term, which will end in January 2011.

"I pretty much made it known that I was interested in the position," she said. "I met with the CEO at the time, Albert Beltrami, and then his replacement Tom Mitchell."

Born in Pennsylvania, Ranochak came to Ukiah in 1975. She has an Advanced Appraisal Certificate issued by the State Board of Equalization and received her Bachelor of Science Degree in Business Administration with a concentration in Accounting from Chico State University in 1984.

Ranochak has worked for the County of Mendocino for over 23 years, first as an Auditor-Appraiser and for the last four years as Assistant Assessor.

"The assessor side is property taxes," she said. "There are 55,000 parcels that we deal with in the county. We're the ones who assess the

value for taxes. Based on change in ownership or new construction, we do 7,000 of these a year. We work on assessments all year long. They have to be done June 30. After that the tax collector issues the bills which are mailed at around Halloween."

Ranochak said the recording portion of her job takes entails keeping track of a deluge of county documents.

"The recorder is the keeper of all county documents except for the courts," she said. "We issue marriage licenses. We keep track of all birth certificates. We also issue marriage licenses and perform weddings."

Ranochak said she has received a warm welcome from her coworkers and that the transition from one position to another has been a smooth one.

"So far, so good," she said.

Rob Burgess can be reached at udjrb@pacific.net.

Animal shelter closure surprises FB city council

By CONNIE KORBEL

Fort Bragg Advocate-News

FORT BRAGG - The recent temporary closure of the Mendocino County Coast Animal Shelter came as a surprise to members of Fort Bragg City Council. An oversight by Health and Human Services Agency Director Carmel Angelo resulted in council members being among the last to know the shelter, which is located on leased city property, was having a staffing crisis.

Councilman Jere Melo invited representatives of the Animal Care and Control operation to speak to the council.

Mayor Doug Hammerstrom told agency Director Angelo he hadn't heard from the county, but learned of the closure through "third-hand calls."

"The City was one of the last calls we made. We hope

this (closure) won't happen again," agency Director Angelo said. "We have our challenges with staffing. Without our volunteers it would be difficult to keep the shelter open."

Melo thanked Angelo for being forthright.

"The folks in this area are very interested in the proper care of animals," said Melo.

He said he recognized many of the faces in the room — shelter volunteers — and wanted to hear from the public.

Angelo also announced the shelter had reopened with new business hours. The days were shifted to 10 a.m. to 4 p.m., Tuesday through Saturday, to accommodate requests for weekend hours.

Steve Sapontzis, of Rescue for Dogs and Cats in the Bay Area and Friends of the

See SHELTER, Page 14

Bay Area quake dangers reevaluated

By BETSY MASON

Contra Costa Times

The Hayward fault has long been pegged by geologists as the most likely candidate to host the Bay Area's next big quake. Now some scientists say the fault may be even more dangerous than they thought.

By analyzing gradual changes in stress on the deepest parts of faults in the area, geologists found that several faults, including the southern portion of the Hayward fault, may be more primed to rupture than previously estimated.

"The slip on the faults in the shallow part of the crust is really a catch-up with what's happening below," said geologist David Schwartz of the US Geological Survey in Menlo Park.

The new research suggests that current earthquake forecasts for the area may underestimate the danger on the



Region news
Earthquakes

Hayward fault, its northern neighbor, the Rodgers Creek fault, which runs from San Pablo Bay north past Santa Rosa, and the northern portion of the Calaveras fault from Sunol to the Danville area.

The most recent USGS assessment of earthquake probabilities from 2002 gives a 62 percent chance of a magnitude 6.7 or greater quake

See QUAKE, Page 14

Editor: K.C. Meadows, 468-3526

The Ukiah Daily Journal

udj@pacific.net

The world briefly

Martin Luther King called 'champion of peace' in holiday service in Atlanta

ATLANTA (AP) — More than 2,000 people crowded Ebenezer Baptist Church on Monday to honor the Rev. Martin Luther King Jr.'s commitment to peace and equality and note the importance of his legacy in this election year.

"He understood that life is not about self. Life is about service — and service to others," said Georgia Lt. Gov. Casey Cagle.

Former President Bill Clinton, Republican presidential candidate Mike Huckabee and Atlanta Mayor Shirley Franklin were among those attending the service.

King's birthday is Jan. 15, but the federal holiday bearing his name is observed on the third Monday in January. It has been a national holiday since 1986, but his birthday has been observed at Ebenezer Baptist — where King preached from 1960 until 1968 — every year since his assassination in Memphis, Tenn., at age 39 on April 4, 1968.

"Martin aimed high, acted with faith, dreamed miracles that inspired a nation. Can we act on King's legacy without dreaming? I think not," Franklin said. "King's legacy gives light to our hopes, permission to our aspirations and relevance to our dreams."

About 50 white separatists rally where 20,000 'Jena 6' supporters marched

JENA, La. (AP) — About 50 white separatists protested the Martin Luther King Jr. holiday Monday in this tiny town, which was thrust into the spotlight months ago by 20,000 demonstrators who claimed prosecutors discriminated against blacks.

Police separated participants in the "pro-majority" rally organized by the Learned, Miss.-based Nationalist Movement from a racially mixed group of about 100 counter-demonstrators outside the LaSalle Parish Courthouse. There was no violence and one arrest, a counter-demonstrator.

Chants of "No KKK" from the mostly college-age counter-demonstrators were met with a chant from the separatists that contained a racial epithet.

At one point, dozens of state police forced back about 10 people, dressed in New Black Panther uniforms, who had gathered around a podium where the separatist group's leader Richard Barrett was to speak.

One man who broke away from that group was arrested and booked with battery on a police officer and resisting arrest; authorities identified him as William Winchester Jr. of New Orleans and said he was a member of the New Black Panthers. Members of the group at the scene declined to comment.

Obama says Bill Clinton's criticism untruthful: a look at past statements

WASHINGTON (AP) — Barack Obama challenged Bill Clinton's truthfulness Monday in a deepening feud with the husband of Obama's Democratic presidential rival.

Obama's rebuke of the former president, who is still extremely popular with Democrats, came on the holiday honoring Martin Luther King Jr., when both Bill and Hillary Rodham Clinton focused on the civil rights leader.

In an interview on ABC, Obama twice questioned Bill Clinton's veracity.

"I have to say just broadly, you know, the former president, who I think all of us have a lot of regard for, has taken his advocacy on behalf of his wife to a level that I think is pretty troubling. You know, he continues to make statements that aren't supported by the facts, whether it's about my record of opposition to the war in Iraq, or our approach to organizing in Las Vegas."

"You know, this has become a habit. And one of the things that I think we're going to have to do is to directly confront Bill Clinton when he's not making statements that are factually accurate."

NTSB investigators in Calif. car lots where colliding planes rained down debris, body parts

CORONA, Calif. (AP) — Authorities were trying Monday to learn why two small planes collided over a row of businesses, dropping a macabre shower of debris and body parts and killing someone inside an auto dealership when one of the aircraft punctured the roof.

All four people aboard the two aircraft also were killed in Sunday's crash, on a clear crisp afternoon that seemed ideal for flying.

No one else was hurt, though wreckage fell on three car dealerships, all of which remained closed to customers as investigators combed through the debris in Corona, about 45 miles southeast of Los Angeles.

People in the area after the collision along the 91 Freeway described a horrific sight. Marisela Garay was working a few hundred yards away at Lucky Greek Burgers when she saw the planes come down.

She and some customers ran outside, where they saw blood and what looked like body parts on the ground.

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FUNERAL NOTICES	
LORNA HENLEY HULL	in Orangevale, CA with her family at her side. Lorna is survived by her husband, Jimmy Hull and daughters Melissa and Cory. She is also survived by sisters, Pam Henley of Ukiah, Patricia Kosta,
Kirkland, WA, brother Ron Henley, Portland, OR., and numerous nieces and nephews. Lorna was preceded in death by her father and her brother Harold Henley. Graveside service will be held at 1pm	Jan 22 at the Ukiah Cemetery with a gathering at Calvary Baptist Church on Luce Ave. following the service. Arrangements under the direction of the Eversole Mortuary.

POLICE REPORTS

The following were compiled from reports prepared by the Ukiah Police Department. To anonymously report crime information, call 463-6205.

ARREST -- Deveno Tobie, 21, of Ukiah, was arrested on suspicion of driving while under the influence in the 300 block of South Main Street at 1:26 a.m. Sunday.

ARREST -- Brady Baker, 23, of Ukiah, was arrested on suspicion of driving while under the influence in the 300 block of North Main Street at 1:37 a.m. Sunday.

ARREST -- Alan Laughlin, 46, of Ukiah, was arrested on suspicion of infliction of injury on a spouse and child abuse in the 1000 block

of South State Street at 9:32 p.m. Sunday.

CHP REPORTS

The following were compiled from reports prepared by the California Highway Patrol:

ARRESTED -- Santos Santoyo, 48, of Ukiah, was arrested at 9:16 p.m. Friday on Highway 101 north of Parducci Road on suspicion of driving under the influence.

ARRESTED -- Barbara Shah, 46, of Ukiah, was arrested at 9:38 p.m. Friday on Highway 101 at Reeves Canyon on suspicion of driving under the influence and possession of less than one ounce of marijuana.

ARRESTED -- Cortney Whipple, 20, of Ukiah, was arrested at 1:53 a.m. Saturday at the corner of Orchard and

Gobbi streets on suspicion of driving under the influence.

ARRESTED -- Byron Miller, 37, of Lakeport, was arrested at 3:47 a.m. Saturday on Highway 101 near Hopland on suspicion of driving under the influence.

ARRESTED -- Gregory Hancock, 49, of Ukiah, was arrested at 4:46 a.m. Saturday at the Redwood Empire Fairgrounds on suspicion of battery.

ARRESTED -- Paul Whiterock, 27, of Santa Rosa, was arrested at 7:57 a.m. Saturday on Highway 101 on suspicion of driving under the influence.

Those arrested by law enforcement officers are innocent until proven guilty. People reported as having been arrested may contact the Daily Journal once their case has been concluded so the results can be reported. Those who feel the information is in error should contact the appropriate agency. In the case of those arrested on suspicion of driving under the influence of an intoxicant: all DUI cases reported by law enforcement agencies are reported by the newspaper. The Daily Journal makes no exceptions.

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CORRECTIONS

The Ukiah Daily Journal reserves this space to correct errors or make clarifications to news articles. Significant errors in obituaries or birth announcements will result in reprinting the entire article. Errors may be reported to the editor, 468-3526.

LOTTERY NUMBERS

DAILY 3: Afternoon: 1, 9,

6. Evening: 3, 2, 6.

FANTASY 5: 3, 10, 13,

25, 31.

DAILY DERBY: 1st: 07

Eureka; 2nd: 10 Solid Gold;

3rd: 02 Lucky Star.

Race time: 1:44.42.

Blaze engulfs 16 buildings in Massachusetts, including apartments

LAWRENCE, Mass. (AP) — A huge blaze started in an empty downtown nightclub early Monday and spread quickly through 16 buildings, destroying homes and businesses and forcing residents to flee in their pajamas into the bitter night.

One person suffered minor injuries.

An ambulance crew on an unrelated call spotted the fire about 2:30 a.m., state Fire Marshal Stephen Coan said. The fire started in a nightclub that was being renovated and spread quickly on a stiff wind through the block that included early 1900s wood-framed buildings. Three of the buildings were being rehabilitated by Habitat for Humanity.

The club had no walls, and that "gave the fire an opportunity to take hold very quickly," Coan said.

Fire officials in Lawrence, about 30 miles north of Boston, said the cause was suspicious. Coan said state and city fire officials were investigating with agents from the federal Bureau of Alcohol, Tobacco, Firearms and Explosives.

Stocks plunge worldwide amid pessimism over US stimulus plan

LONDON (AP) — Stocks fell sharply worldwide Monday following declines on Wall Street last week amid investor pessimism over the U.S. government's stimulus plan to prevent a recession.

U.S. markets were closed for Martin Luther King Jr. Day, but the downbeat mood from last week's market declines there circled through Europe, Asia and the Americas. Britain's benchmark FTSE-100 slumped 5.5 percent to 5,578.20, France's CAC-40 Index tumbled 6.8 percent to 4,744.15, and Germany's blue-chip DAX 30 plunged 7.2 percent to 6,790.19.

In Asia, India's benchmark stock index tumbled 7.4 percent, while Hong Kong's blue-chip Hang Seng index plummeted 5.5 percent to 23,818.86, its biggest percentage drop since the Sept. 11, 2001, terror attacks.

In Canada, the S&P/TSX composite index on the Toronto Stock Exchange fell 4.8 percent. Brazilian stocks plunged 6.6 percent on the main index of Sao Paulo's Bovespa exchange, and Argentina's benchmark Merval index fell 6.3 percent to close under 1,900 for the first time since August 2006.

Investors dumped shares because they were skeptical that an economic stimulus plan President Bush announced Friday would shore up the economy that has been battered by problems in its housing and credit markets. The plan, which requires approval by Congress, calls for about \$145 billion worth of tax relief to encourage consumer spending.

"We've taken our lead from the Asian markets who have not been impressed by the U.S. There's debate if there's going to be a recession in the U.S. I don't think there's much chance of that though," said Richard Hunter, an analyst at Hargreaves Lansdown Stockbrokers Ltd. in London.

Suicide bomber kills 18 at Iraqi funeral, but misses security official targeted

BAGHDAD (AP) — A suicide bomber apparently targeting a senior security official blew himself up inside a funeral tent Monday, killing 18 people in the latest of a series of deadly attacks chipping away at the notion of a calmer Iraq.

The U.S. military has repeatedly warned that the fight against insurgents is not over, and the bombing in a village north of Baghdad was the third in as many days in Sunni Arab areas thought to have been largely rid of al-Qaida militants.

There was no claim of responsibility for Monday's bombing in Hajaj, a village about midway along the nearly 20 miles between Saddam Hussein's hometown of Tikrit and the oil hub of Beiji, 155 miles north of Baghdad. But police said it bore the hallmarks of al-Qaida.

Witnesses said about 70 people were inside the tent when the attacker set off his explosives soon after entering.

Officials said the target appeared to be Ahmed Abdullah, deputy governor in charge of security for Salahuddin province, of which Tikrit is the capital. He escaped unharmed.

'24' star Kiefer Sutherland released from jail after serving 48 days

LOS ANGELES (AP) — Kiefer Sutherland was released from jail early Monday after serving 48 days on a drunken driving charge, police said.

The actor was ushered out a back door and into a waiting car at 12:05 a.m. to avoid the media near the Glendale jail's main entrance, Officer John Balian said.

"It was a joint decision between him and our police department personnel that it would be better if he exited through the back," Balian said.

Sutherland spent most of his jail sentence by himself, interacting with fellow prisoners only when he was on the way to the laundry room where he worked cleaning sheets, pillowcases and blankets, Balian said.

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MediaNews Group

Published Daily by The Ukiah Daily Journal at 5



Striving for Imperfection

By Scott Marcus

The ultimate diet ad

In case you have missed any of the sixteen zillion diet claims so far this year, I have taken the liberty of combining them for you into one merged advertisement. Venture forth if you dare...

What's the major cause of weight loss failure?

Obviously, it's dieting! That's right. In proven scientific studies, it was discovered that people who don't try and lose weight never fail! Obviously, the key to successful weight loss is don't even try! But now, you can discover the amazing yet profoundly simple secrets about weight control that have been discovered in a vault at the bottom of the Dead Sea.

Oh sure, supposed "experts" and other professionals told us that eating wisely and exercising is the solution. But, what do they know? After all, science is merely a crutch for people too timid to leave reality behind.

Believe it or not, it is entirely possible to change your body immediately; and it has nothing to do with exercise, healthy eating, support groups, or lifestyle adjustment. If you want to get noticeably thinner, you need a complete eating system that is so unique that — just by thinking about it — you'll lose five pounds!

How does it work?

Simple. Every time you eat, two types of hormones are released into your bloodstream, and together they have power over fat burning and storage. These hormones are controlled by the foods you eat, as well as one's fashion sense. Really! Haven't you noticed that well-dressed people appear thinner? Of course you have — because they are!

Although it cannot choose your outfits, Nutrifraud's Biological Organic Gastrological Utilization System ("B.O.G.U.S.") combines nature's most powerful ingredients so your body fights excess fat; giving you the defined, fit look you crave. BOGUS blends the metabolism-boosting power of several amino acids, baking soda, caffeine, and our secret key element: Laxatium. These components cause insulin to be more efficient, thereby terrifying sugar molecules (and the calories associated with them). As sugar molecules escape, their anxiety level increases, raising their pulse. Everyone knows a higher pulse comes from exercise. So, in effect, the sugar molecules themselves actually exercise away your fat for you! It's absolutely amazing!

The result? Fewer fat deposits guaranteeing six pack abs in just hours!

If that were all, BOGUS would be an amazing value...but there's more! In addition to weight loss, flat abs, and better breath, BOGUS rejuvenates your marriage, enhances your sex life, and knocks 50 years off your looks!

Nutrifraud guarantees BOGUS 100 percent! If you're unhappy, and can weave your way through our labyrinthine, convoluted, frustrating voice mail tree and actually get a real person on the phone, we'll refund your product purchase price (minus a small 85 percent restocking fee).

Although anyone can theoretically lose weight with BOGUS, we strongly recommend you use it in conjunction with an overall weight management program involving healthy diet, lifestyle change, and regular exercise.

DISCLAIMER: These statements and products have not been evaluated by the US Food and Drug Administration. Nutrifraud is not recommended for use by minors, animals, or anyone with rational thought processes.

About the author: Scott "Q" Marcus is a THINspirational speaker and columnist. Since losing 70 pounds over 13 years ago, he conducts speeches, workshops, and presentations throughout the country. He can be contacted at 707.442.6243 or scottq@THINspiration.com. Previous writings can be found at www.WeightLossColumn.com

Five foot problems men in Northern California should never ignore

The Daily Journal

Feet are the Rodney Dangerfield of body parts; they don't get no respect. That's especially true for men's feet.

Men often resist going to the doctor when they're sick or in pain. But most foot conditions are treatable, and easier to treat, when diagnosed early. Michael R. Cosenza, DPM, AACFAS, a foot and ankle surgeon with offices in Ukiah, wants men to know about five foot problems they should never ignore:

Heel pain is often caused by tissue inflammation, but can also result from a broken bone, a tight Achilles tendon, a pinched nerve, or other problem.

A qualified physician will know how to diagnose and treat the true cause of heel pain.

Ankle sprains always, always, always require a prompt visit to the doctor. Men who skip out on medical care are more likely to suffer repeated ankle sprains and then develop chronic ankle instability. Big toe stiffness and pain develops slowly over time, as cartilage in the big toe joint wears down.

This eventually leads to arthritis. The sooner a man has this diagnosed, the easier it is to treat. Achilles tendonitis usually develops from a sudden increase in physical activity, such as when men play weekend sports.



Michael R. Cosenza

Chances of an Achilles tendon rupture can be reduced by treatment of the symptoms of

Achilles tendonitis: pain and tenderness on the back of the foot or heel.

Ingrown toenails can pierce the skin, open the door for bacteria to enter the body, and convince some men to perform dangerous "bathroom surgery."

Few men know that a doctor can perform a quick procedure that will end the pain and permanently cure an ingrown toenail.

The American College of Foot and Ankle Surgeons has a list of five additional foot problems men should never ignore on its consumer Web site, <http://FootPhysicians.com>.

Cosenza is a member of the ACFAS and board qualified in foot surgery. He earned his podiatric medical degree from the Des Moines Osteopathic Medical School in Iowa and has been practicing in Ukiah since 2002. His office phone number is 463-3668.

The American College of Foot and Ankle Surgeons is a professional society of more than 6,000 foot and ankle surgeons. Founded in 1942, the College's mission is to promote research and provide continuing education for the foot and ankle surgical specialty, and to educate the general public on foot health and conditions of the foot and ankle through its consumer website, www.footphysicians.com.

HEALTH BRIEFS

New health and education series planned at Senior Center

The Ukiah Senior Center is starting a new series of programs which will encompass a wide variety of subjects. Local community professionals, practitioners and individuals will provide presentations in mini workshops or lectures which will be open to citizens of all ages.

Some of the topics planned are: Health (Acupuncture, Holistic and General Health tips); How to Protect Yourself on the Web; Lifestyles; Finances/ Investments; Organizations and Community Resources such as Hospice, HICAP, Project Sanctuary; Cooking Classes; Identity Theft; Fire & security Tips; Simple First Aid (recognizing strokes, etc., what to do); Government Officials; a Durable Power of Attorney for Health Care workshop where the public could actually complete the health care directive document during the session; Business involving developing a web site; and Veteran panels or discussions.

The series is designed to stimulate interest in community service, provide helpful advice and instruction, educate and increase awareness in prevention and coping with physical ailments and to benefit the community at large.

For more information on the upcoming programs or to volunteer your services to conduct a presentation, contact Betty McGlade at 467-0960.

'Healthy Children: Body, Heart and Mind' presentation Jan. 24

In his brief talk, Dr. Macdonald, a dad, local pediatrician and Raise and Shine provider, will focus on a few things parents and caregivers can do to encourage healthy emotional development. The presentation will be held on Jan. 24 from 6:30

to 7:30 p.m. at Ukiah Valley Primary Care's new building at 260 Hospital Drive (Upstairs, Southeast Corner). Childcare will not be provided. For more information, call Raise and Shine at 462-1233.

'A Day in Al-Anon' set for Saturday, Jan. 26

The Al-Anon Fellowship of Lake and Mendocino Counties (District Two) invites the community to "A Day in Al-Anon," on Saturday, Jan. 26, 10 a.m. to 5 p.m., at the First Presbyterian Church in Ukiah (corner of Dora and Perkins). The Day will host two speakers, numerous workshops, a free lunch, a raffle, and fellowship. A donation of \$5 is requested for the Day. All are welcome to attend.

For more information, call Mary 743-2001 or Marian 463-1867.

Medicare drug plan: No late enrollment penalty for those who qualify for Extra Help

Many Mendocino County residents who qualify for Extra Help Program (a low-income subsidy plan) with the Medicare Part D prescription benefit have yet to sign up. Extra Help is available for those who meet certain income and asset criteria. If you are eligible, Extra Help can mean significant cost savings on your prescription drugs.

Those who qualify for Extra Help, enroll in a Medicare prescription drug plan through Dec. 31 will pay no late enrollment penalty.

To find out if what the qualifications are for Extra Help, call the Social Security Administration at (800) 772-1213, or visit their Web site at www.medicare.gov.

The Alliance for Rural Community Health urges the public to contact your local community health center about your Part D coverage options. To find the health center nearest you, visit the

ARCH Web site at www.ruralecommunityhealth.org/members.

ARCH is a local nonprofit organization whose mission is to improve the health of local communities by strengthening and supporting the efforts of Mendocino County health centers to provide quality health care for all.

Warm Line open weekend evenings for county residents

An opportunity for people who need emotional support is now available as near as the closest phone on weekend evenings. Thanks to peer volunteers trained to provide support for emotional and mental health recovery, a new county-wide Warm Line is now available Friday and Saturday evenings from 6 p.m. to 10 p.m.

Expressly not a hot line or a crisis line, the new Warm Line is part of a larger Mental Health Services Act funded project to develop mental health peer support projects and opportunities in Mendocino County.

The Crisis Line is accessed by calling 463-HELP in Ukiah, 964-HELP in Fort Bragg and 459-HELP in Willits, or calling 800-575-HELP (4357).

Better Breathers Club to meet in Ukiah on third Wednesdays

The American Lung Association invites persons who have been diagnosed with emphysema, chronic bronchitis, have breathing difficulties, are looking for more information on chronic lung disease, or are looking for support on how to live better with lung disease to join their Better Breathers Club program, on the third Wednesday of each month. The meetings take place in conference room 161 at the Public Health Department, 1120 S. Dora St., 1:30 to 2:30 p.m.

For more information, or to speak to a respiratory therapist, call 1-800-LUNG-USA, or visit the Web site <http://www.lungusa.org>.

HEALTH CALENDAR

ALANON: Family and friends of alcoholics; 5:30 p.m. on Mondays, noon on Tuesdays, noon on Fridays and 10:30 on Saturdays; Calvary Baptist Church, 465 Luce Ave.; 463-1867 or 621-2721.

Alateen: Meets Thursdays 8 to 9 p.m.; Calvary Baptist Church, 465 Luce Ave., enter at east side back door; 463-1867 or 621-2721.

Alcoholics Anonymous: Daily; call 462-7123, www.aaukiah.org.

Breastfeeding Support Group: meets second Wednesday from 10:30 a.m. to noon and fourth Wednesday from 10:30 a.m. to noon; Mendocino County Public Health - WIC office, 1120 S. Dora; Tess O'Connell, 472-2739.

Celebrate Recovery: Christ-centered 12-step recovery; Fridays at Trinity Baptist Church Hall, South Dora Street and Luce Ave, 6 p.m. fellowship dinner; 7 p.m. teaching/testimony; 8 p.m. men and women's small group sharing; 9 p.m. dessert/solid rock cafe. Babysitting provided. For more information call 462-6535.

Childbirth classes: Learn about nutrition during pregnancy, preparing for childbirth, breastfeeding and infant safety. Thursdays, 6 to 8 p.m., 333 Laws Ave., in Ukiah, 472-4603.

Community Healing Clinic: 20- to 30-minute sessions on a walk-in basis with a variety of health practitioners; Second Tuesday of each month, 5:30 to 7:30 p.m.; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; 463-0777; www.fullcirclewellness.org.

Council on Domestic Violence: First Wednesday, 1:30 to 3 p.m., Public Health Department, 1120 S. Dora St., Conference Room 198, in Ukiah except for May and October, which will be held at 10-Mile Court, 700 S. Franklin St. in Fort Bragg, 472-2699.

La Leche League: Breastfeeding group; meets second Tuesday, various times; Nursery Room at

Presbyterian Church, corner of S. Dora and W. Perkins; Margaret Turano, 468-9587.

Look Good Feel Better: Classes are from 10 a.m. to noon on the second Monday of each month. This program pairs women with licensed cosmetologists to eliminate the appearance related side effects of cancer treatment. This is a free class offered by the American Cancer Society at 115 E. Smith St. in Ukiah. For more information, call 462-7642 ext. 3.

Low Vision Support Group: 10 to 11:30 a.m.; Fourth Monday; at Henny Penny Resteraunt, 687 S. Orchard Ave., Ukiah; open to local seniors; call 523-3222

NAMI: (National Alliance for the Mentally Ill Family Support Group) first and third Wednesdays, 6:30 p.m.; call 972-9040, 485-8033, or 467-9116 for location and information. Nami is an organization dedicated to improving the lives of people with brain disorders by providing mutual support, education and advocacy.

Multiple Sclerosis Self-help Group: People with multiple sclerosis can take one more step toward ending effects of MS at the Ukiah group; sponsored by the National MS Society; 7 p.m.; second Tuesday.

Men's Cancer Support Group: Group on summer hiatus, call for one-on-one with staff. A supportive place to share your cancer experience; second and fourth Wednesdays of each month; 6 to 7:30 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

Narcotics Anonymous: Meetings throughout county; 485-9110.

New Life Workshop: Do you need help managing your weight? Noon to 1 p.m. Thursdays; Salvation Army, 714 A.S. State St., Ukiah; 468-9577.

Overeaters Anonymous: Mondays at 5:30 p.m.; Saturdays at 11 a.m.; 741 S. Oak St.; 472-4747.

Sweet Success: The California Diabetes and Pregnancy Program; support for special pregnancies in which women have diabetes; planning pregnancy or are pregnant, need extra support; 463-7527.

Tantalizing Tuesdays: Series of health related

evenings discussions; First and third Tuesdays; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; from 6:30 to 8:30 p.m.; 463-0777; www.fullcirclewellness.org.

T.O.P.S.: (Take off pounds sensibly): Meets from 9:15 to 10:30 a.m., every Tuesday, at Calvary Baptist Church, 465 Luce Ave.; Carolyn Madole, 463-0261.

T.O.P.S.: Low-cost, non-profit group meets every Tuesday at Autumn Leaves, 425 E. Gobbi St., in the community room. Weigh-in is from 5:30 to 6:15 p.m. Meeting is from 6:15 p.m. to 7:15 p.m.; Linda MacDonald, 467-2391.

T.O.P.S.: Every Thursday at Washington Mutual Building community room, 700 S. State St.; meeting is from 8:30 to 10:30 a.m.; it is a low-cost, weight-reduction support group; call 462-4901 or 485-7801.

T.O.P.S.: Every Friday at the Meadows Mobile Court clubhouse, 8686 East Road, Redwood Valley; weigh-in is from 9:30 to 11 a.m.; meeting is from 9:30 to 10:30 a.m.; call 485-8260 or 485-1238.

Ukiah Community Center Crisis Line: Need help? Call 463-help (4357) or 1 (800) 575-help (4357).

Ukiah Diabetes Education: The Diabetes Education Group; 7 p.m.; second Monday; 463-7698.

Ukiah Valley Blood Center/Blood Centers of the Pacific: Mondays, 9 a.m. to 4:30 p.m.; Tuesdays, 10 a.m. to 5 p.m.; Thursdays, 11 a.m. to 6 p.m.; 620 Kings Ct., Suite 110; make appointment, donate, schedule blood drive at workplace; 1 (888) 393-GIVE.

Weight-loss Surgery Support Group: Free, open to the public, Gastric Reduction Duodenal Switch (GRDS) support and information group; 1st Friday; 6 to 8 p.m.; Bartlett Hall, Ukiah Senior Center, 499 Leslie Street, Ukiah; 468-8763 or email kathlyn@pacific.net.

Women's Cancer Support Group: A supportive place to share your cancer experience; first and third Tuesday of each month; noon to 1 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

Letters from our readers

Harsh words?

To the Editor:

I don't know who this Dave Anderson fella is, the one that is always bloatiating about our illustrious City Council. But he is being very vituperous in doing so.

Chuck Savage
Ukiah

Wants answers

To the Editor:

On Oct. 28, 2007, my family dog, who was only 2 years old, was shot and killed by the Ukiah Police Department. My dog was confined in its own backyard of my house and was not endangering the life of any human.

On that day, my boyfriend and I went to get dog food at Wal-Mart. I only live five minutes away. It took me no longer than 7 minutes at Wal-Mart to get the dog food. Knowing I would be gone for 15 minutes, I left my 12 and a half year old daughter and 5 and a half year old daughter playing with the dogs in the back yard. As I was getting in my car to go home, I got a phone call from my 12 and a half year old daughter.

She was frantic, and all I could understand was "the police killed our dog." About 3 minutes later, I got a voice mail on my cell phone from an officer saying they killed my dog and I need to come home A.S.A.P.

By that time, I was only a block away from my house. When I got to my house, there were five to six Ukiah Police officers there. My dog, a male American Pit bull, named Mydus, was dead in my backyard with a single gun shot wound to the back of the head.

I have two other pit bulls, one a female who was in heat, the other a male.

The two males began to fight over the female. A passerby heard the dogs fighting and called 911. The police came and ignored my daughter's cries to leave the dogs alone, and that we would be home any second. They ignored her and began to spray my two dogs with mace. The two dogs were against the fence and close enough to get sprayed.

With that not working, they shot my dog once in the head, killing him instantly. My 12 and a half year old daughter was on the outside of the fence with the police, begging them not to shoot. She witnessed the killing. My 5 and a half year old daughter was still in the back yard when the officer fired.

I am asking for anyone to help in this matter, for the rights of my pet that was murdered by the officers of the Ukiah Police Department. He did not deserve to die, he was not putting anybody's life at risk. He was in my own backyard. Animal Control was never called in this matter.

Did he die for being a pit bull? The police department has been denying me a copy of the police report for weeks. I am now told there isn't one, by the Ukiah Police Department. I am told there is no victim, so therefore a report didn't have to be made. Doesn't a report have to be made at any time an officer uses his firearm? Especially killing an animal who wasn't endangering anyone and was in his own backyard?

I am getting the cold shoulder by everyone I have asked for help as far as city officials. I would also like to know why it didn't make the newspaper. I would greatly appreciate if you would put my story in the newspaper. I would like the public to know how wrong and cruel it was of the Ukiah Police Department to kill my dog.

Crysta Fowler
Ukiah

Wants something done

To the Editor:

I'm announcing my intention to run in the 2008 Presidential Race! All contributions will be accepted, every corporate, action committee, religious organization or

LETTER POLICY

The Daily Journal welcomes letters to the editor. All letters must include a clear name, signature, return address and phone number. Letters chosen for publication are generally published in the order they are received, but shorter, concise letters are given preference. We publish most of the letters we receive, but we cannot guarantee publication. Names will not be withheld for any reason. If we are aware that you are connected to a local organization or are an elected official writing about the organization or body on which you serve, that will be included in your signature. If you want to make it clear you are not speaking for that organization, you should do so in your letter. All letters are subject to editing without notice. Editing is generally limited to removing statements that are potentially libelous or are not suitable for a family newspaper. Form letters that are clearly part of a write-in campaign will not be published. You may drop letters off at our office at 590 S. School St., or fax letters to 468-3544, mail to Letters to the Editor, P.O. Box 749, Ukiah, 95482 or e-mail them to udj@pacific.net. E-mail letters should also include hometown and a phone number.

ON EDITORIALS

Daily Journal editorials are written by Editor K.C. Meadows with the concurrence of Publisher Kevin McConnell.

In our opinion
Let the signs stay

We suppose it's typical in today's world that simple "sandwich" signs put out by small businesses in Ukiah are wrapped up in liability issues which force the city to regulate them.

But we hope there's some middle ground out there that will allow small businesses to continue to use them.

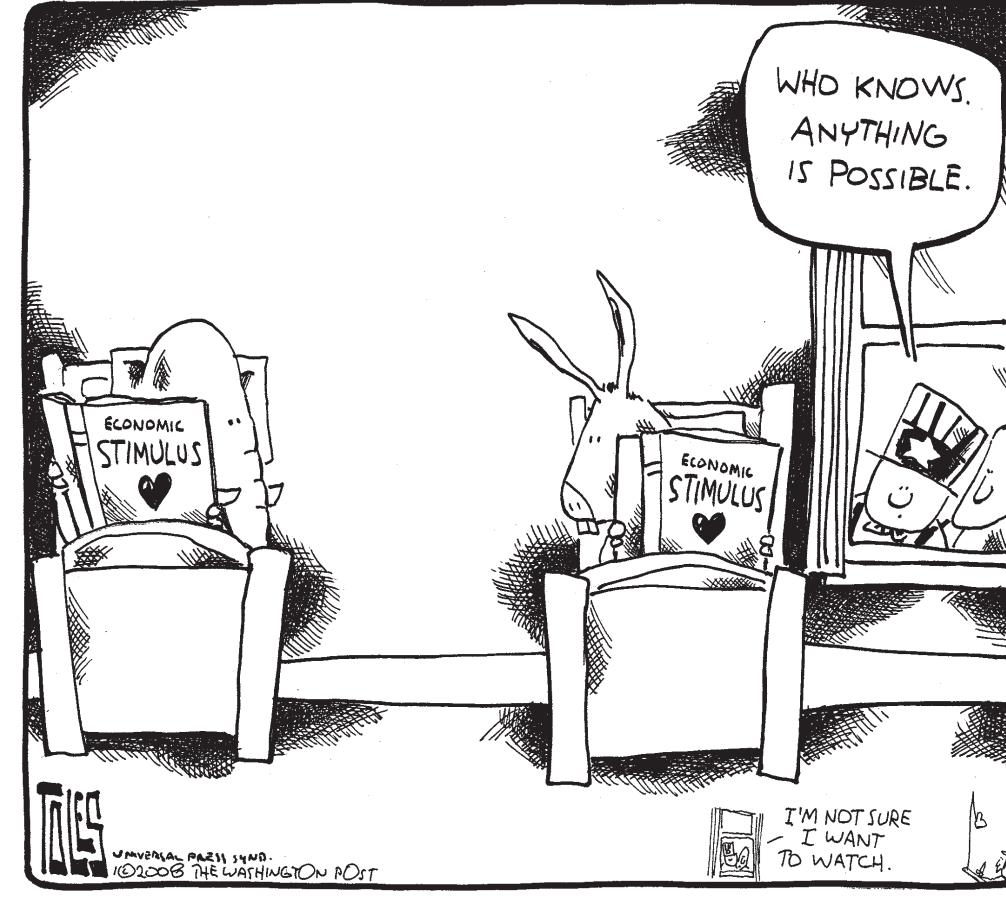
Sure, a sign - or tables and chairs or planters - hogging the whole sidewalk is a bad thing, but a business owner with any smarts isn't going to let that happen and those instances are easily enough identified and stopped.

But the smaller outdoor signs and the tiny

tables some local cafes use out front are charming in a small downtown.

They lend some personality, and business owners say they do help customers find their stores. We note too that the Holiday Trolley stops are identified with sidewalk sandwich signs during the holiday season with no adverse impacts we know of.

We're sure other communities have come up with reasonable rules we could adopt about such outdoor signs and equipment (like the giant blow-up figures used by our local vacuum store we find amusing) which will allow them to have a place in our downtown character.



lobbyist. All money taken in will be donated to schools, Medicare, and health care.

It's about time something is done about the pharmaceutical companies lying to us. We are told the product prices are artificially high so more research can occur. How come 80 percent of the income put into advertisements instead of research? If that 80 percent was put into lowering the product price, then there would be no need to advertise, seniors could afford to buy them.

All corporate C.E.O.s and their board members should be checked out for fraud, they have been ripping off the stock holders for years. A C.E.O. that does a bad job gets retired with a golden parachute worth millions and the stock holder gets screwed. All the while these same corporate thieves are out sourcing jobs that the middle class can't afford to lose. Many of these businesses get big tax write-offs for their charitable contributions, why can't they pay for their employees' health insurance and get a tax right off for that instead?

That brings up China, one of our business partners? They're sending us poisonous foods, toys and who knows what else. I think we should get out at once. The out sources are now paying the price, it's about time. We say bring the jobs back so we know what we're buying.

Speaking of buying, our banking system seems to be run by idiots. Why would anyone send out credit cards to any person that doesn't have a regular source of income, or even good credit. Why would anyone sell a house to someone they know can't afford the upcoming balloon payments.

All religions are accepted in the U.S.

and there is a separation of church and state, which means a person's religion, should not be brought up during a political race.

In God we trust is the motto of the U.S. of A, this was a statement of our forefathers. I don't care if you're an agnostic, atheist, or just don't believe, god still watches over you. No one person has the right to tell the rest of us what we should believe or not to believe, we all have the right to have our own beliefs.

Our schools are a mess, financially, and curriculum wise, we also have too many linguistic problems. There should be English classes for our immigrants so they can easily assimilate into our society, instead of trying to teach us their language. One thing more, the curriculum should include manner, respect and ethics.

Oil companies have been ripping us off for generations; we think it's time to rip back. First off, plug in electric cars won't do it, because the electricity has to be made someplace by coal or oil. How about changing all car engines to burn natural gas, which is plentiful in the U.S., Mexico and Canada. The trucks can run on biodiesel.

Now it's time to rebuild our military, let's pull all our forces from Korea, Japan, Philippines and Germany, this includes all their equipment. Let's put the hospital crews from Germany in Kosovo closer to the action, which gives us a reason for arming Kosovo's borders. The rest of the military is shipped home for retraining for anti-terrorist missions.

Jerry Brooks
Willits

WHERE TO WRITE

www.house.gov/write rep

Assemblywoman Patty Berg: State Assembly District 1, Capitol, Rm. 4146, Sacramento, 95814. (916) 319-2001; Berg's Ukiah field representative is Ruth Valenzuela, Ukiah office located at 311 N. State St., Ukiah, 95482, 463-5770. The office's fax number is 463-5773. For email go to web site: assembly.ca.gov/Berg

Senator Pat Wiggins: State Senate District 2, Capitol Building, Room 5100, Sacramento, 95814. (916) 445-3375 Email: senator.wiggins@sen.ca.gov. In Ukiah: Kathy Kelley at 200 S. School St., 468-8914, email: kathy.kelley@sen.ca.gov

Mendocino County Supervisors:

Michael Delbar, 1st District; Jim Wattenburger, 2nd District; John Pinches, 3rd District; Kendall Smith, 4th District; David Colfax, 5th District. All can be reached by writing to 501 Low Gap Road, Room 1090, Ukiah, 95482, 463-4221, FAX 463-4245. bos@co.mendocino.ca.us

From the desk of ...



RUBEN NAVARRETT JR.

Treat Hispanics as mainstream voters

Addressing the 1988 GOP convention, Gaddi Vasquez -- a Hispanic supporter of George H.W. Bush -- said that Hispanics shouldn't support Michael Dukakis just because he was bilingual. The Democratic nominee spoke Spanish, Vasquez said, but because of his liberal policies, "he doesn't speak our language."

Twenty years later, we're in the midst of a presidential election in which the votes of Hispanics could prove to be crucial this November.

Some of those votes might have gone to Bill Richardson, the first Hispanic to run a credible campaign for president. Now that Richardson has withdrawn from the race, I asked him what advice he'd give any candidate interested in making a play for those estimated 9 million votes.

"They need to start talking to Hispanics," he said, "not like an ethnic minority, but as mainstream Americans who are part of the American Dream."

It's hard to find any candidate in either party who is speaking to Hispanics in a way that is substantive, respectful and empowering. Instead, we're served a combination plate of neglect, pandering, and double-talk -- with a side of chips and guacamole.

That's what Hillary Clinton offered recently to Hispanic voters while campaigning in a Mexican restaurant in Las Vegas. She was trying to make the point that, even with our differences, all Americans are connected and all their problems are connected despite the fact that "we treat them as though one is guacamole and one is chips."

Look, a white politician trying to relate to Hispanics by using Mexican food as an entree. How original.

I asked Richardson what he thought of the analogy.

"The remarks are a bit unfortunate," he said. "But with Latinos, she's always been very sensitive. This was a slip of the tongue. But it's still typical of an American mainstream view that we're defined by certain ethnic characteristics."

Mexican-Americans are accustomed to politicians trying to relate to them through Mexican food. In his congressional races, Lyndon Johnson went into the Hispanic enclaves of south Texas and handed out tacos and beer. Years later, President Gerald Ford tried to bond with a Hispanic audience by biting into a tamale. Too bad Ford didn't realize he had to remove the husk.

Bill Clinton loved Mexican food and consumed it in mythical proportions. During a visit to a Mexican restaurant in Tucson in the late 1990s, Clinton ate enough to sustain a family of four. The next day, there was an article in an Arizona newspaper talking about how Clinton met with black leaders and addressed Native Americans -- and how, to show his affinity to Hispanics, he ate tons of Mexican food.

So what? How does that help me -- or those Hispanics who hunger for respect from politicians?

We get it. Almost everyone likes Mexican food. But listen to the immigration debate and it becomes clear that not everyone likes Mexicans. And that's what those who are running for president should be talking about. Why not can the superficiality and have a mature discussion about issues that impact people's lives?

Instead, when the immigration issue came up during her visit to the restaurant in Las Vegas, Hillary went for the easy applause line. When a man shouted out that his wife was illegal, Clinton drew cheers when she declared: "No woman is illegal."

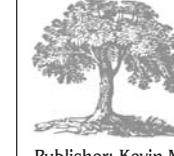
Not helpful. Hillary should have shown some tough love, and told these folks to take responsibility for their actions. No woman is illegal? What does that even mean? Surely, people do sometimes engage in unlawful activities and they have to make restitution and ask forgiveness. People will be less likely to do that if you convince them that they didn't do anything wrong.

This kinder and gentler Hillary Clinton may take getting used to. In February 2003, when she was trying to impersonate a hawk on border security, Clinton assured a couple of talk show hosts at WABC radio in New York that she was "adamantly against illegal immigrants."

Why Hillary. Haven't you heard? No immigrant is illegal.

Now that Clinton is running for president and in hot pursuit of the Hispanic vote, it's no wonder she wants to keep things light and pass the chips and guacamole. The contradictions -- between where she is now, and where she used to be -- could be hard to swallow. **CORRECTION** -- In my column of Jan. 16, I wrote that New York Attorney General Andrew Cuomo was speaking of Sen. Barack Obama when, in a radio interview, he said "You can't just shuck and jive at a press conference." A review of the transcript indicates his remark was not directed at Obama specifically.

Ruben Navarrete writes for The San Diego Union-Tribune



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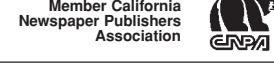
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Clutter, clutter everywhere and not a spot left bare

Usually I have a long list of New Years Resolutions. This year I've made only one to deal with clutter, defined by the dictionary as "a disorderly heap." It is some consolation to learn that I am not alone in this battle to stem the tide of rising clutter.

Visiting the Internet I found hundreds of websites offering advice on how to declutter. There are numerous blogs and support groups such as Declutterers Anonymous. On television you can tune into the reality show "How Clean is Your House?" When I tell friends what I'm writing about, they reply, "Send me the column right away!"

While I am a novice at decluttering, I have studied weight management for many years and am amazed to discover these parallels. 1) Clutter and pounds usually come on slowly when we're not paying attention. 2) Holidays and upsetting life events often lead to a rapid ballooning. 3) We'd like to find a magic cure for both weight gain and clutter and then never have to worry about either again. 4) Unfortunately it doesn't work that way. Both solutions are found in slow and steady progress. 5) Prevention of returning to where we started requires developing new habits and always watching what we take in. 6) Both weight and clutter are lifelong issues for most of us. The rewards, however, for maintaining a healthy weight and a decluttered life are less stress, improved self-esteem and greater freedom.

Your clutter personality

Before deciding how best to deal with the clutter in your life it's a good idea to look at why you accumulate stuff. Certainly a lot has to do with our consumer society which constantly encourages us to buy the latest, greatest products rather than repairing and appreciating what we already have. Cynthia Townley Ewer at the website www.organizedhome.com has identified five clutter personalities. See if you identify with one or more of these personalities.

The Hoarder is someone who fears that they won't have the resources they need in the future so they keep everything from string to old jars saying, "This might come in handy some day." Solution: Assure yourself that you will always be able to get what you really need. Brain storm how you

through your house and garage, making a list of all the areas you have for storage. Then create a second list of what you have that needs to be stored. Select a storage place for each type of item. You might want to create a plan for the order in which you are going to declutter areas.

2. Set declutter goals for yourself that will work with your schedule, life situation and your clutter personality. Above all resist the temptation to try to do too much at one time. This is exhausting work and you will be much more effective if you take care of clutter in small steps. You might have as a goal to declutter for five or ten minutes a day or for an hour each weekend day. Set the timer.

3. Get your decluttering equipment ready. Have three boxes labeled "Throw Away," "Give Away," and "Put Away." If you want to have a garage sale or sell on Ebay have a fourth box marked "For Sale." Get the "Throw Away" box to the garbage and the "Give Away" box to your car as soon as possible.

4. Declutter one room before starting on the next so you can enjoy being in a space that is clutter free. Start at the corner near the door and work your way around the room taking care of surfaces first. Then go around a second time

and open drawers and cupboards.

5. If you're having a hard time, ask a friend or family member to come in and help you with decisions or just for company.

6. Make a plan for maintaining a clutter free environment. Use the "one in, one out rule."

Experiment. Make it a game instead of a war. I welcome new ideas or suggestions from any of my readers. Good luck! And let's compare notes next January.

7655.

Haven Logan, Ph.D., is a psychotherapist in private practice in Ukiah. She is the author of two books, *Choosing to Be Well: A Conscious Approach to a Healthier Lifestyle* (Inner Ocean Publishing) and *The California Wine Country Diet: The Indulgent Approach to Managing Your Weight* (Quill Driver Books). You can download past *Healthy Living* columns at her website: www.californiawinecountry-diet.com.



Healthy Living
By Haven Logan

can get resources without needing to store all of them in your house.

The Deferrer says, "I'll think about that tomorrow," as they procrastinate about everything from paying bills to doing the dishes to sorting through junk mail. Solution: Take action. Getting started is the hard part. Say that you'll work for five minutes. Once you're going, momentum will take over.

The Rebel is that child inside who says, "I don't want to, and you can't make me!" Solution: Remind yourself that you aren't living with your parents. You are the adult now and choosing to keep your house clutter free will make for a much nicer life.

The Perfectionist says, "I'll wait until next week when I'll have time to organize everything perfectly." Perfectionists don't want to even start if they can't create the perfect organizing system. Solution:

Break down the job into doable pieces and give yourself permission to complete just one part. You might set a goal to take everything out of the cupboard and clean the shelves one day. Another day your goal would be to sort the contents and a third day you might put things where they belong.

The Sentimentalist just can't bear to let go of anything because it reminds them of some cherished person or event. The problem is that so much gets accumulated that you never get to enjoy any of it. Solution: Most of us have sentimental clutter. We need to organize it into a manageable amount. Decide what it is important to keep and how much. You might want to scrapbook or scan your favorite photos and mementos.

General tips for decluttering

1. Begin by walking

MYERS
Apothecary
Shop

**First In
Professional
Service**

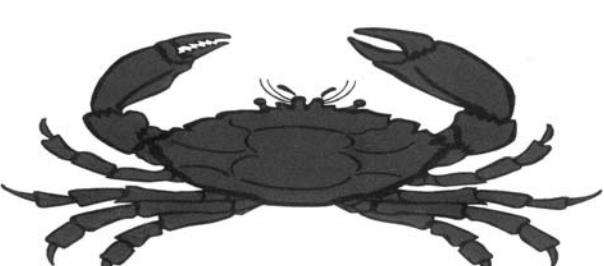
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Ukiah, California

Adults \$25.00
Child \$12.50
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1:00 to 4:00 PM

Prize Drawings and Live Auction
(Note: there will be spaghetti on the menu for those who
cannot eat crab.)

For tickets contact: 707-463-2238 or 621-2563

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Christiane Roedel to direct Breathe Easy Ride

The Daily Journal

Christiane Roedel has joined the American Lung Association of California as event coordinator for the annual Breathe Easy Ride, the organization's largest fundraising bicycle ride in California.

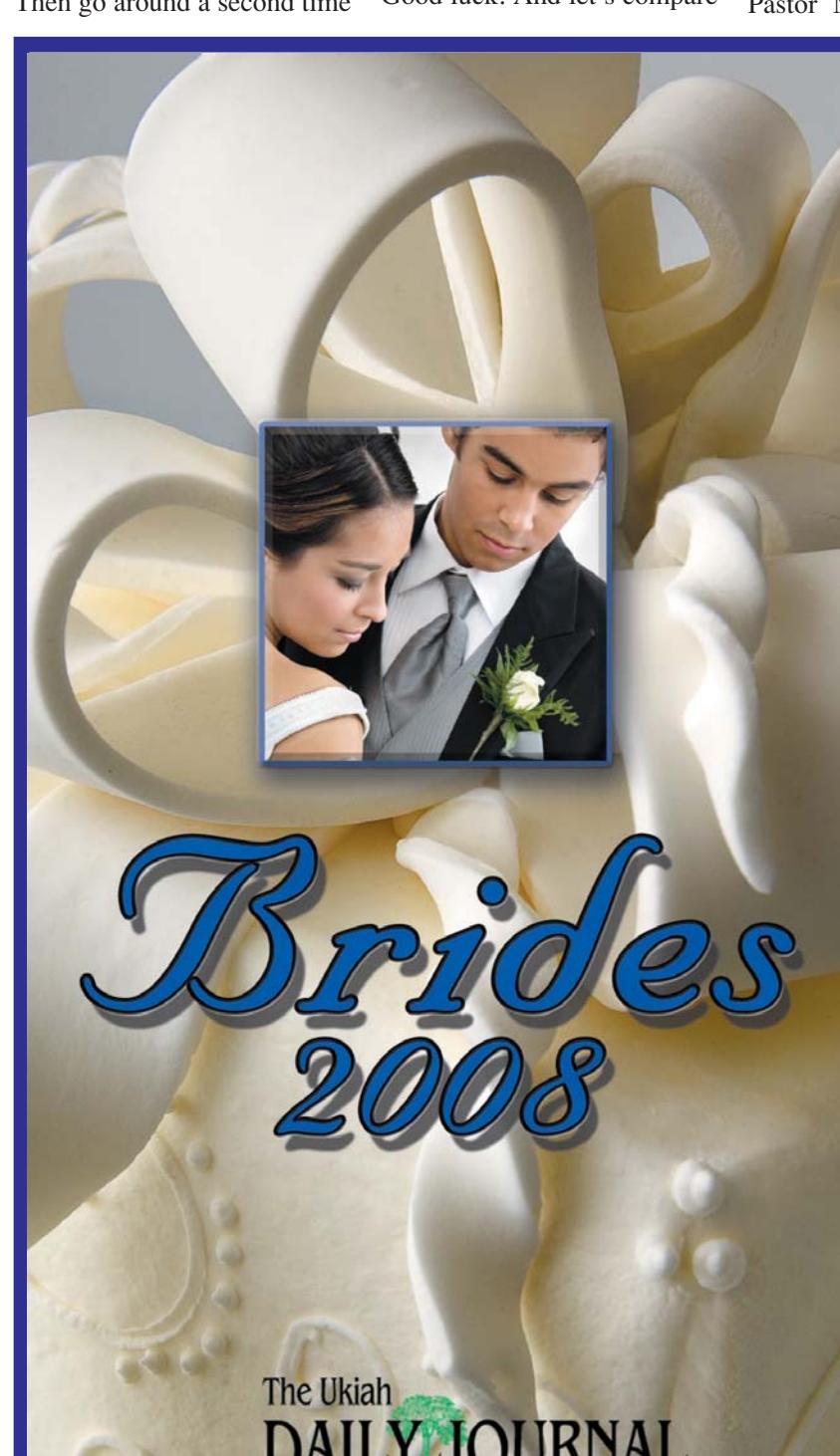
A native of Germany, Roedel has 20 years of experience in sales and marketing, and is an avid cyclist and outdoor enthusiast.

For the Breathe Easy Ride, Roedel will be responsible for corporate sponsorships and recruiting cycling teams and individuals to participate in the 10, 35 and 65-mile scenic bike trek staged from Sonoma Mountain Village in Rohnert Park.

"I'm thrilled to join the American Lung Association of California and to do what I can to support the organization's numerous clean air, advocacy, tobacco control, asthma and lung disease management programs," stated Roedel. She can be reached at the Santa Rosa office at 527-5864.



Christiane Roedel



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The Ukiah
DAILY JOURNAL
468-3500

Looking for the best
coverage of the local arts
& entertainment scene?

The Ukiah
DAILY JOURNAL



Editor: Anthony Dion, 468-3518

udjsports@pacific.net

LOCAL CALENDAR

This week:

- Today, UHS boys basketball vs. Cardinal Newman. Freshmen @ 4:30 p.m., JV 6 p.m. and Varsity 7:30 p.m.
- Tomorrow, UHS girls basketball vs. Montgomery, 4:30, 6 & 7:30 p.m.
- Tomorrow, UHS boys JV/varsity wrestling vs. Maria Carrillo and Piner, 5 p.m.
- Tomorrow, Mendocino women's basketball @ Solano College @ 5:30 p.m.
- Thurs., UHS boys basketball @ Montgomery, 4:30, 6 & 7:30 p.m.
- Fri., Mendocino women's basketball vs. Contra Costa College @ 7:30 p.m.
- Fri., Mendocino mens' basketball vs. Contra Costa @ 5:30 p.m.
- Fri., UHS girls basketball vs. Maria Carrillo, 4:30, 6 & 7:30 p.m.
- Sat., UHS boys varsity wrestling in Wendy's Invitational @ 9 a.m.
- Sat., UHS boys basketball vs. Maria Carrillo @ Mendo, 4:30, 6 &

COMMUNITY DIGEST

Mendo-Lake Spikers Serve-A-Thon

The Mendo-Lake Spikers Volleyball Club invites members of the community to support areas girls, ages 10-18, in our annual Serve-A-Thon on Jan. 28th. Players are seeking pledges to raise money for the upcoming AAU club volleyball season. Pledges may be given per successful serve (out of 20 attempts) or simply for a flat donation. Any person or business interested in sponsoring a player or making a donation to our program may contact Ori Polkinghorne at opolky@hotmail.com or 463-0451. Mendo-Lake Spikers VBC is in its 4th year of existence, providing area girls with the opportunity to learn, train, and compete in the great game of volleyball.

Attention BAM Wrestlers:

BAM Wrestling Club has begun practice. Practice is on Tuesdays and Thursdays from 6-8 p.m. in the wrestling room at Ukiah High School. Sign-ups continues through the month of January each night at practice. The cost is \$50.00 per wrestler or \$40.00 each for sibling.

UHS Boosters Meeting

The UHS Boosters Meeting will be held Monday, January, 28th at 5:30 p.m. in the Career Center, building A.

If you would like to help with the Fall 2008 Fundraiser then please attend the meeting. There will be organizing and strategizing done at the meeting. All parents and community members welcome. Contact Deni Lee at 468-3736 for further information.

Mendo Rugby Club

The Mendocino Rugby Club is currently looking for players for the 2008 season which begins on January 26th.

The team has begun practicing and practices are held on Wednesdays on the softball field at 5 p.m. All people are welcome with any experience level.

Youth Soccer League

Ukiah Valley Youth Soccer League is holding their League Membership Meeting tomorrow, 6:30 at the Consolidated Tribal Health (on North State St between Calpella and Redwood Valley). At this meeting we will elect new Board of Directors for the 2008 season, establish fee increases, adopt any changes to the Constitution, By-Laws and/or General Procedures.

This is an open meeting for anyone to attend and give feedback on how your season went. For further information please visit our web-site uvysl.org or call the hotline at 467-9797.

Water Polo maintains improvement, seeks victory

For the Daily Journal

The Ukiah Dolphin 12th Grade and under water polo team played in their final tournament of the Winter League on Sunday. Playing against three tough teams the Dolphin squad was unable to bring home a victory, but showed signs of improvement to build on for the summer season. Mills Oswald and Travis Cleland were the only Varsity

level boys playing in the tournament for the Dolphins, but Hayley Phenicie and Shelby Cleland were added to the roster to add some depth. Playing in this boys tournament these two Varsity girls played well and proved to be tough competitors.

This first game against a team from Woodside was close for most of the contest as it was tied at 6 at half-time.

behind three goals from Travis

Cleland, a nice shot from Nolan DeCuman, and a goal from Hayley Phenicie. The third quarter proved to be critical as the Dolphins allowed 4 goals and were behind 10-7 at the quarter's end, and would go on to lose 13-9. Miles Oswald scored two goals, Travis Cleland would go on to score 5 goals.

The second game found the Dolphins outmatched as they played back-to-back games

and lost to Diablo 15-2. Travis and Miles provided the scoring for the Dolphins, but with only 2 substitutes, and playing two games in a row conditioning was a huge factor in the loss.

The third and last game of the day against San Jose proved to be high scoring affair with many opportunities for the Dolphins. Each team would score goals in spurts, unfortunately for the Dolphins

the last 5 goal spurt for San Jose would put the game out of reach, with a 15-9 win. The Dolphins were able to draw 11 ejections foul behind the physical play of Miles Oswald and Travis Cleland, but weren't able to convert all those opportunities into scores.

Travis Cleland scored 5 goals, Nick Johnson scored 3 goals, and Hayley Phenicie added one.

The roller coaster



Photo Courtesy of Eric Graham

Lady Wildcat Katie Dhooghe reaches up for a rebound in last Saturday's game. Dhooghe went on to score a point to contribute to the team's 42 points in their second league defeat this season.

After decisive win, lady Cats silenced

The Daily Journal

The Ukiah Lady Wildcats Varsity Basketball team suffered its second league defeat (54/42) in its game against the Maria Carrillo Pumas Saturday January 19th at Maria Carrillo. The loss came after a decisive victory over Rancho Cotate on Thursday.

Maria Carrillo, who is currently undefeated both season to date and in league, presented Ukiah with its toughest challenge this season.

The Wildcats matched up very well with the Pumas the first half being down only one point at the end of the first quarter (13/12) and up by six points at half time (24/18). This was only the second time this season that the Pumas were behind at the half.

Unfortunately Ukiah lost its edge in the third quarter, allowing Maria to out score them by 16 points, an effort that was led by Maria's top player, Amanda Johnson who finished the game with 24 points.

We had a great first half. They came out in the second half, put the pressure on us, and we didn't handle it. Maybe the kids were a little anxious. Give them credit, they are a very good team, and they are not a one-person team.

-Coach Randy Haralson

The final quarter was another close match up with Lady Cats scoring 10 points and the Pumas 12, but the damage was done in the third quarter.

"We had a great first half," said Coach Randy Haralson. "They came out in the second half, put the pressure on us, and we didn't handle it. Maybe the kids were a little anxious. Give them credit, they are a very good team, and they are not a one-person team."

Emily Houghton led the Wildcats scoring with 11 points and 3 rebounds. Cassie Baroni had 9 points and 2 assists, while Carrie

Reid had 7 points and 9 rebounds.

Also scoring for the Wildcats were: Hillary Ruddick: 6 points, 10 rebounds, 1 assist, Ashley Lower: 3 points, 6 rebounds, 1 assist, Dakota Sanderson: 2 points, 2 rebounds, Jessica Graham: 2 points, 1 rebound, Katie Dhooghe: 1 point, and Gabby Kong: 1 point, 2 rebounds, 3 assists.

Ukiah's record is now 14/5 for the season and 5/2 in league.

The Wildcats next face Montgomery's Vikings at home, Wednesday January 23rd and then the Maria Carrillo Pumas at home on Friday January 25th.

Warriors give T-Wolves and end to a skid

By JOSH DUBOW

AP Sports Writer

OAKLAND, Calif. — Ryan Gomes scored a career-high 35 points to go with 11 rebounds to help the Minnesota Timberwolves snap a 16-game road losing streak with a 109-108 victory over the Golden State Warriors on Monday.

Al Jefferson added 21 points and 12 rebounds and Marco Jaric had 16 points, 10 assists and eight boards for the Timberwolves, who won just their second road game of the season and first since a 103-94 win at New Orleans on Nov. 26.

Gomes hit two free throws with 54.5 seconds remaining to give the Timberwolves a 109-108 lead.

After Baron Davis missed a 3-pointer with 32 seconds left at the other end, Golden State got one last chance following Jaric's missed 3-

pointer with 8.8 seconds to go.

Davis then missed a driving layup and Al Harrington couldn't tip in the miss at the buzzer, giving Minnesota just its second win in the past 15 games.

The Warriors began a stretch of 13 home games in 16 contests with a disappointing loss to the NBA's worst team.

Monta Ellis led the way with 28 points, Matt Barnes added 20 and Stephen Jackson had 18.

Davis finished with 15 points on 5-of-14 shooting and missed five free throws as well, including one with 1:07 remaining and Golden State up by one. Gomes drew the foul at the other end and converted both free throws to give Minnesota the win.

Davis spent Sunday at the Sundance Film Festival in Park City, Utah, where his documentary on

gang life in South Central Los Angeles, "Made in America," debuted.

The Warriors made only one field goal during a nearly 6-minute span midway through the third quarter, turning an eight-point lead into an 85-80 deficit heading into the fourth quarter.

The Timberwolves built the lead up to 11 in the opening minutes of the fourth quarter before Golden State rallied.

Barnes sparked a 10-1 run by scoring five points to pull the Warriors to 93-91. But the Timberwolves didn't back down, getting a key 3-pointer from Antoine Walker to end the spurt.

The Warriors got off to a sluggish start for a rare matinee game that began at 1 p.m. local time. Ellis

scored 10 of the team's first 12 points, assisting on Andris Biedrins' jam for the only other basket in the first 7 minutes.

Gomes took over late in the period, scoring Minnesota's first eight points of a quarter-ending 13-2 run that gave the Timberwolves a 33-23 lead after one.

Golden State then went on a 15-2 run early in the second quarter capped by Barnes' steal and dunk. The Warriors led 52-49 at the half.

Notes: Craig Smith's jumper with 10:25 remaining in the game gave Minnesota its first bench points of the game. The Timberwolves' reserves finished with seven.

Warriors F Mickael Pietrus played 3 minutes in the first quarter before missing the remainder of the game with stomach flu.

the last 5 goal spurt for San Jose would put the game out of reach, with a 15-9 win. The Dolphins were able to draw 11 ejections foul behind the physical play of Miles Oswald and Travis Cleland, but weren't able to convert all those opportunities into scores.

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Former USC assistant Norm Chow joins coaching staff at UCLA

By KEN PETERS
AP Sports Writer

LOS ANGELES — Norm Chow, who tutored a pair of Heisman Trophy-winning quarterbacks at Southern California, is returning as offensive coordinator at crosstown rival UCLA.

Chow, fired last week by the Tennessee Titans, joins the staff of new UCLA coach Rick Neuheisel, the former Bruins quarterback who took the job late last month.

Before coming to USC and working with Carson Palmer and Matt Leinart, the 61-year-old Chow groomed Heisman winner Ty Detmer at BYU. His coaching resume includes six quarterbacks who were first-round picks in the NFL: Palmer, Leinart, Philip Rivers, Jim McMahon, Steve Young and Marc Wilson.

UCLA quarterback Ben Olson was considered one of the prospects in the nation when he

came out of high school, but he has yet to live up to his billing with the Bruins.

Chow was the Titans' offensive coordinator for three years and was credited with helping Vince Young make the transition to the pro game.

The Titans finished 10-6 and made the playoffs for the first time since 2003, losing 17-6 to San Diego in an AFC wild-card game.

But Tennessee ranked 21st in the league in total offense and became the first team with only nine touchdown passes to reach the playoffs in a 16-game season.

Chow, who has interviewed for several college head coaching jobs, was under Pete Carroll at USC for four seasons, including two national championship years.

Before that, he worked with Rivers at North Carolina State following 27 years on the BYU staff.

Indianapolis Colts coach Tony Dungy to remain with team

By MICHAEL MAROT
AP Sports Writer

INDIANAPOLIS — Tony Dungy insists family always comes before football.

But Dungy believes he can make those priorities coexist — even if it means long commutes.

With his passion to coach high, his family supportive of his ambitions, and the Colts team owner intent on bringing him back, Dungy followed his heart and his family's wishes Monday deciding to return for at least one more season as head coach before turning the job over to his chosen successor, Jim Caldwell.

"I love this franchise, I love my family," said Dungy, whose contract runs through 2009. "I wouldn't have come back if I was going to shortchange either one, or my children were not for it. It was really a family decision."

The weeklong deliberation created an emotional tug-of-war for the deeply religious Dungy.

His family recently moved back to Tampa, Fla., and his 16-year-old son, Eric, is attending high school there. The perception was Dungy had to choose between leaving the NFL so he could spend more time at home — as he often cajoles other parents to do — or becoming a regular commuter on off-days to fulfill family obligations.

Dungy believes he can do both well.

Owner Jim Irsay offered to make Dungy's life easier by reducing his day-to-day workload, provide his own private jet for trips to Tampa, and give Dungy a chance to groom his longtime friend, Caldwell.

It wasn't the offers that convinced Dungy; it was the opportunity to keep winning and the chance to use coaching as a pulpit for his message.

"I enjoy my job, the players, the staff we have here and Bill (Polian) and Jim," Dungy said. "But it is a platform and that's something I talked to my wife and pastor about. I said 'I could stop and start a ministry, but I might not have a platform like this.' So I see it as a little more than a job."

Irsay wasn't the only Colts official relieved. Team president Bill Polian was pleased with the outcome, and last week players repeatedly expressed their desire to have Dungy back.

"I think there's not a guy in this locker room who wouldn't love to see him back," defensive tackle Darrell Reid said then.

The 52-year-old Dungy has spent more than half his life coaching in the NFL and became the first black coach to win a Super Bowl last season. He'd like to add to that collection next season.

By promoting Caldwell to head coach-in-waiting, the Colts could also keep their legacy of stability in the coaching ranks in place.

Two-time league MVP Peyton Manning has played for only two head coaches, Dungy and Jim Mora, and one offensive coordinator, Tom Moore, in 10 seasons.

Running backs coach Gene Huey has been with the team for 16 seasons, offensive line

coach Howard Mudd and linebackers coach Mike Murphy for 10, and defensive coordinator Ron Meeks, defensive line coach John Teerlink and defensive backs coach Alan Williams all came with Dungy in 2002.

"I think that would be the hope and that we do keep moving forward, keep those guys in place, keep the same systems in place and keep getting the same types of players," Dungy said. "I think that would be Jim's hope."

Caldwell, who turned 53 last week, has been Manning's quarterback coach for six years and Dungy's assistant head coach the last three. With the unusual succession plan in place, Caldwell also gets a new title, associate head coach.

His only previous head coaching experience on the college or pro level was at Wake Forest where he went 26-63 in eight seasons.

However, he had become a trendy candidate over the past year, interviewing for jobs with the Atlanta Falcons and Baltimore Ravens earlier this month and the Arizona Cardinals last January.

Caldwell will now be included in more decision-making discussions although Dungy will retain his vote.

"As far as the duties, those won't change," Caldwell said. "I'll be working with the quarterbacks and doing what the boss asks me to do. I certainly appreciate the opportunity to lead this team in the future, and I hope it's in the distant future."

It's not the first time Dungy considered leaving.

He often said he was not an NFL "lifer" and that he originally planned to retire by age 50. Many thought he would leave after the 2005 season, following the death of his 18-year-old son, James, but he returned to Indy in 2006 and won the Super Bowl.

Next season will present some new challenges.

Dungy hopes to see his son, Eric, play on Friday nights and will try to get home as often as possible. Irsay understands and isn't worried that it might distract Dungy from his job.

"There can be some negative things brought up, but I don't buy that," he said. "Tony is committed to his family, he's committed to this franchise and that's what every coach who has balance in his life has to do."

Dungy is the only coach in Colts history to make the playoffs and win at least 10 games six consecutive years and has won a record 80 games, including playoffs, in six seasons. He's won five straight AFC South titles, reached the AFC championship game twice, and is tied with Hank Stram for 19th all-time with 136 career wins, including playoffs.

He also won a franchise-record 54 regular-season games at Tampa Bay, turning around one of the league's worst teams and leading it to the 1999 NFC championship game.

Caldwell replaced Dungy for one game late in the 2005 season so Dungy could attend his son's funeral.

The Colts lost that game 28-13 at Seattle playing primarily backups.

Surgery

Continued from Page 6

said. "You tell me what running back has played with a sprained MCL and been effective. You might go out there and try to limp around and play, but it's not going to happen. I don't know how information gets passed on, but until you talk to the source of the problem, what's going on with me, I think it's ridiculous when people make comments like that."

Tomlinson said he understands that teams don't like to let opponents know what's going on, and that it might lead to players' toughness being questioned.

"I think the funny thing to me is, all the things I've played with through my career and haven't missed a game, now all of a sudden I'm not tough," he said. "You think I just wanted to sit on the sideline and not go, in the championship game? You think, me?

Come on, man, that's ridiculous."

Tomlinson said he wasn't aware of the information that had been announced to the media.

"Well, I don't know how they got that, I didn't tell them that," he said.

On Sunday, Chargers spokesman Bill Johnston declined to clarify where the optimistic update on Tomlinson's injury came from.

"There was some miscommunication on whatever happens in the heat of the game," coach Norv Turner said Monday. "But shortly after the first quarter, I was not of the opinion that he would return to the game."

"I'm disappointed that anyone would think negative about L.T., because I know if he could have played in the game, he would have."

Tomlinson said he knew he was done when he didn't have his usual explosiveness after catching the screen pass.

"If I would have played, I



San Diego Charger's star LaDainian Tomlinson will not have to undergo surgery in spite of his recent injury.

clearly wouldn't have been effective," he said. "My thinking also was, a 100-percent Michael Turner and Darren Sproles was way better than a 50-percent me. It just didn't make sense for me to try to play."

Jazz use big fourth quarter in 109-93 win over Clippers

The Associated Press

LOS ANGELES — The Utah Jazz overwhelmed the Los Angeles Clippers at both ends of the court and came away with a rare road victory.

Deron Williams had 18 points and 13 assists, and six of his teammates also scored in double figures for the Jazz in Monday's 109-93 win.

It was just their second win in their last 13 away from home.

"We're obviously a better team when we're balanced like that," reserve forward Matt Harpring said. "The last couple of games we've been like that. Hopefully, we can continue to do that because it makes us so much harder to guard when you have six or seven guys that can score."

Harpring scored 17 points for the Jazz, who got their eighth victory in 10 games after losing 11 of their previous 14.

"We ran and pushed the ball up the floor more than we should have instead of just walking it — because we hadn't put a lot of pressure on the defense until today," coach Jerry Sloan said. "That's what we have to do on the road. We can't just sit back and wait."

Harpring shot 7-for-10 in a season-high 27 minutes. It was his first game since team orthopedic specialist Dr. Lyle Mason lifted the ban that limited Harpring's minutes from 16 to 18 per game.

The 10-year veteran missed the entire preseason after undergoing surgery on his right knee for the third time in his career.

Corey Maggette scored 23 points for Los Angeles and Chris Kaman added 17 points and 10 rebounds. The Clippers, who beat New Jersey 120-107 in overtime Saturday night, haven't won consecutive games since starting the season 4-0. They are 8-25 since then.

The Jazz were never seriously threatened in the fourth.

After Cuttino Mobley's 3-pointer and rookie Al Thornton's two free throws put Los Angeles within nine with 9:04 to play, the Jazz responded with a 20-6 run that opened up a 107-84 cushion with 2:24 left.

"It was definitely a good win, especially with the effort we got and the help we got from the bench," Williams said. "It was good to set the tempo early. We were active on defense and got some good steals and deflections."

Each team had eight turnovers in the first quarter. Utah finished with 19 and Los Angeles had 20, the fifth time this season that the Clippers had 20 or more.

"You just have to look at one stat line. Our 20 turnovers led to 29 points for them, which tells the story of the game for us," coach Mike Dunleavy said. "There were too many easy baskets because of our turnovers. They established a style of play and played a more physical game than us."

Thornton hit a 3-pointer with 4:17 left in the third quarter, capping a 12-2 run that sliced Utah's 14-point lead to 66-62.

That was as close as the Clippers got the rest of the way. The Jazz regained their double-digit lead in the final minute of the quarter on a layup by Harpring, who scored seven points in a 2:43 span during Utah's game-deciding run.

"It's not just mistakes and turnovers. It is being overworked," Clippers forward Tim Thomas said. "It is disappointing for them to have their way in Utah, then come in here and win."

The Jazz, who came in with the league's second-best field goal percentage (48.9), shot 59.3 percent in the first half

and led 54-43 at intermission. They did it for the most part without Andrei Kirilenko, who got into early foul trouble and picked up his third with 9:28 left in the second quarter.

Kirilenko, who went to the bench for good after getting his fourth foul 7:46 left in the third, did not attempt a field goal during his 9 1/2 minutes on the court. It was the first time this season that he played in a game without taking a shot.

Kyle Korver had 13 points, including a pair of 3s in the fourth quarter. Utah is 8-2 since obtaining him from Philadelphia in a trade that sent disgruntled Gordan Giricek to the 76ers. Korver, who set a 76ers franchise record for 3-point baskets in a season with 226 in 2004-05, has converted 12 of 39 attempts since joining the Jazz and is averaging 9.9 points since taking over the backup shooting guard spot from C.J. Miles.

Notes: Harpring, Korver and Paul Millsap each played more than 22 minutes off the bench.

Utah F Carlos Boozer had 12 points and 12 rebounds. Boozer, whose son is in Miami recovering from a bone-marrow transplant, is averaging only 17.3 points over the last six games. In his previous 35 games, he averaged 23.4 and had seven games with 30 or more.

Utah reserve G Jason Hart, who played 32 games for the Clippers last season after getting picked up on waivers from Sacramento in March, played eight scoreless minutes.

The Jazz are 5-1 since C Mehmet Okur returned to the lineup after missing seven games with a strained left trapezius.

Utah, now 15-4 when shooting at least 50 percent, finished at 57.0 percent.

Ariza out 8 weeks with broken foot

By JOHN NADEL

AP Sports Writer

LOS ANGELES — Lakers forward Trevor Ariza will be out about eight weeks because of a broken right foot, joining center Andrew Bynum on the sidelines.

Ariza fractured a bone in his foot at practice Sunday, and was examined Monday by foot specialist Dr. Ken Jung, who set the timeline for his return. Ariza has averaged 6.5 points and 3.5 rebounds in 24 games since being acquired from Orlando on Nov. 20 for Brian Cook and Maurice Evans.

"It's just another obstacle in the road, but it happens on every team," the 22-year-old Ariza said before Monday night's game against Denver.

"I think our team has enough character to where we can pull through this time, and I'm sure we'll find a way to win."

"It's definitely tough for anybody who wants to help

their team to sit out. But I can't be bitter about it. I can just take the punches as they come, play my part, and just cheer my team on."

Bynum injured his left kneecap Jan. 13 against Memphis and isn't expected to return before the middle of March. The Lakers also have been playing without center Chris Mihm (sore right Achilles' tendon) and forward Vladimir Radmanovic (sprained right ankle).

The Lakers hope both will be back in the next few weeks.

"We'll just have to work our way through this," Lakers coach Phil Jackson said. "Trevor was playing really well and he's going to have to sit out a couple months."

While lamenting his team's latest injury, Lakers forward Lamar Odom said that sort of thing is part of the game.

"Every time we go out there, that could be the last time," Odom said. "Hopefully

these guys heal fast and get back out there. It's tough, sometimes it takes the breath out of you, especially when you're playing so well. We have to find some way to recover."

The Lakers entered Monday night's game having won 17 of their previous 21 games, having split two games without Bynum.

Hoping to compensate for the absence of Bynum and Mihm, the Lakers signed free-agent center DJ Mbenga to a 10-day contract. The 7-footer from the Congo was released by Golden State on Jan. 6.

Mbenga was averaging 1.2 points, 1.9 rebounds, 0.63 blocked shots and 8.1 minutes in 16 games with the Warriors. He spent three seasons with Dallas before being waived Oct. 30. He was limited to 21 games last season because of a left foot tendon strain and a torn right anterior cruciate ligament.

Full Service

303 'A' Talmage Rd., Ukiah

• Precious Metals

Phelps swims faster than a year ago

By BETH HARRIS

AP Sports Writer

LONG BEACH, Calif. — Michael Phelps went 2-for-3 in consecutive events at the Southern California Grand Prix on Monday night, swimming faster times in each than he did a year ago.

Phelps opened with the 100-yard butterfly, coming from behind to beat Matt Grevers in 45.40 seconds.

"I just know that last turn he's going to waste me," Grevers said.

About 40 minutes later, the six-time Olympic gold medalist returned for the 100 backstroke. Phelps again rallied to beat Peter Marshall and Grevers, touching in 45.50 seconds.

Then 45 minutes later, Phelps hit the water for the 100 breaststroke and got beat by 2004 Olympian Mark Gangloff, who finished first in 53.09. Phelps was timed in 53.41 — his best by 1.2 seconds.

"Mark is the second-fastest breaststroker we have," Phelps said. "I saw him at 75 (yards) and I was hoping I could get a dolphin kick and get past him."

Gangloff knew where Phelps was in the water.

"Breaststroke is my thing and I got him," he said.

"That's not his best stroke so I had to have some pride. He pushes me to be better than I normally would be, so I can't really complain that he was in there."

Phelps won five of six finals over three days of short-course swimming at Belmont Plaza's indoor pool, the same place he opened last season.

"It surpassed my expectations. He's a lot faster than he was a year ago at this time and that was his best season ever," said Bob Bowman, Phelps' coach whose job it is to find fault.

"There's some things he's got to work on. He's got some really poor turns in the 100 fly. He's still trying to get back to his peak fitness level, but he's getting closer."

Last year, Phelps produced the greatest performance in world championships history, setting four individual world records and winning seven gold medals.

So what do his faster times mean this year?

"I hope it's even better than '07," he said. "I'm more relaxed this year than I was last year. The most important thing for me is keeping a steady program of training. Week after week, month after month of stronger training is the best thing that's going to

"I hope it's even better than '07. I'm more relaxed this year than I was last year. The most important thing for me is keeping a steady program of training. Week after week, month after month of stronger training is the best thing that's going to help me accomplish my goals this year."

—Swimming sensation Michael Phelps

help me accomplish my goals this year."

A year ago in Long Beach, Phelps won the 100 back and lost the 100 breaststroke and 100 fly on the final night against world recordholders in each event.

Grevers, a 22-year-old who trains in Tucson, Ariz., topped Phelps in overall points to earn the men's award, which almost always goes to Phelps at meets.

Grevers won the 200 individual medley on the final night to go with earlier wins in the 50 free, 200 free and 200 back. He was second to Phelps in the 100 free Saturday.

"This definitely exceeded my expectations," Grevers said. "I'm going to train even harder. I got a little taste of what my potential is."

Two-time Olympian

Kaitlin Sandeno won the 200 individual medley and earned the top female performance trophy. Overall, she won four races and finished third in two others before heading back to Ann Arbor, Mich., where she trains with Phelps.

"Mentally, I was really excited to come here and that's the first step going into a meet to do well," she said.

Olympian Tara Kirk defeated a strong field in the 100 breaststroke. She won in 59.11 seconds, the only woman to break 1 minute. Amanda Beard, going for her third Olympic team at 26, was fourth.

"I'm happy with that, but I just don't like fourth place," she said. "That's the field I'm going to see at Olympic trials, plus some others. I have that time to prepare. My body doesn't take things the way it used to."

Serena Williams loses

By JOHN PYE

AP Sports Writer

MELBOURNE, Australia — Defending champion Serena Williams slumped out of the Australian Open in a 6-3, 6-4 quarterfinal loss to third-ranked Jelena Jankovic on Tuesday.

Williams, who was unseeded and ranked No. 81 when she won here last year for her eighth Grand Slam title, struggled with her serve and made 36 unforced errors trying to combat Jankovic's go-for-broke game.

Williams had not dropped a set in her four previous matches, including a 6-3, 6-4 result against 12th-ranked Nicole Vaidisova in a rematch of last year's semifinal, but dropped serve twice in the opening set.

Jankovic broke Williams and served for the match at 5-3, only to be broken herself. Williams led 40-15 in the next game only to fall apart again, double-faulting to set up match point, then sending a forehand wide.

"It was an unbelievable match, I am still shaking," said Jankovic, reaching the semifinals for the first time at Melbourne Park and only the third time at a major. "I am so happy."

"I came here with no expectations — it's amazing

to beat the defending champion and in general a champion like Serena, it doesn't happen every day."

Jankovic had to fend off three match points in the third set of her first-round match, which included 15 service breaks, before edging Tamira Paszek, 2-6, 6-2, 12-10.

She followed that with straight-set wins over Edina Gallovits and Casey Dellacqua and was taken to three by No. 30 Virginie Razzano.

After taking the first two games, Williams became increasingly sluggish. Normally bouncing on the balls of her feet and renowned for never giving up on a ball, she was often caught flatfooted, left to watch as Jankovic's shots landed for winners or to whack unforced errors awkwardly into the net.

Her best efforts came when she didn't have to run and had time to set up for a full swing. For most of the match, Williams' usually powerful serve averaged 10 mph slower than in the last round, and she was broken seven times.

Her shoulders frequently drooped as the points piled up against her. On other occasions, Williams looked to the sky as if hoping for divine intervention. Even her shouts of "Come on!" sounded weak.

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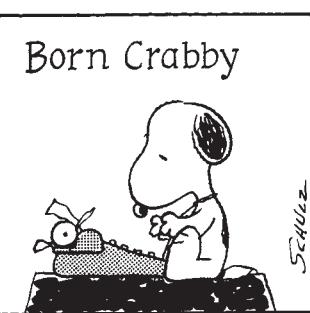
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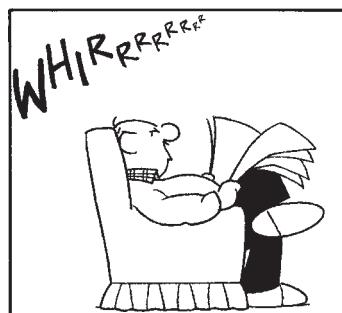
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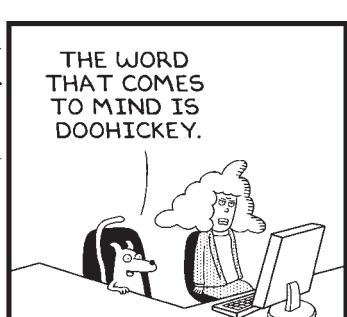


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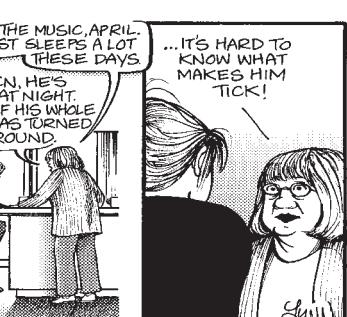
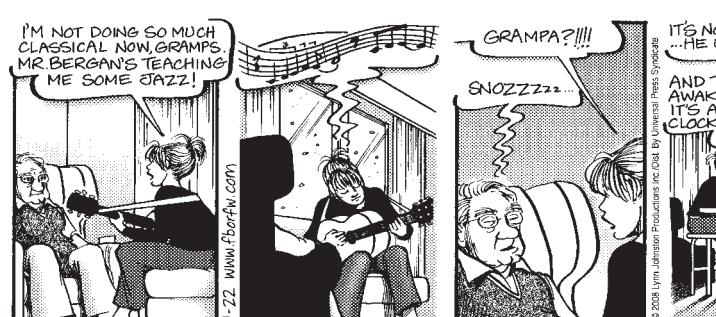
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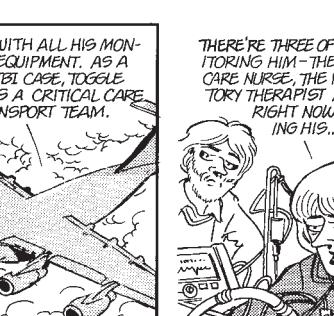
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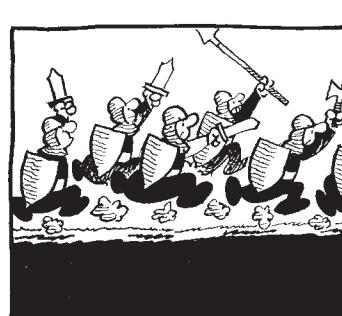
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Datebook: Tuesday, Jan. 22, 2008

Today is the 22nd day of 2008 and the 32nd day of winter.

TODAY'S HISTORY: In 1901, Britain's Queen Victoria died at age 82, after a record 64-year reign.

In 1973, the U.S. Supreme Court issued its

ruling on abortion in the "Roe v. Wade" case.

In 1997, Madeline Albright was confirmed as the first female U.S. Secretary of State.

In 1998, "Unabomber" Ted Kaczynski pleaded guilty in Sacramento, Calif., and was sentenced to life without parole.

TODAY'S BIRTHDAYS: Francis Bacon (1561-1626), philosopher/essayist; Lord Byron (1788-1824), poet; August Strindberg (1849-1912), playwright; D.W. Griffith (1875-1948), film director; George Balanchine (1904-1983), choreographer; Steve Perry (1949-), singer, is 49; Linda Blair (1959-), actress, is 49.

TODAY'S SPORTS: In 2006, Kobe Bryant of the L.A. Lakers scored 81 points against the Toronto Raptors, the second most in a regular

NBA game.

TODAY'S QUOTE: "Opinions are made to be changed -- or how is truth to be got at?" -- Lord Byron

TODAY'S FACT: The tradition of performing Tchaikovsky's "The Nutcracker" during the holiday season began with George Balanchine and the New York City Ballet in 1954.

TODAY'S MOON: Full moon (Jan. 22).



ASTROGRAPH

By Bernice Bede Osol



Wednesday, Jan. 23, 2008

You will be much more ambitious and enterprising in the year ahead than you have ever been before. This will serve you well, and you could simultaneously realize much success in not just one area but two.

AQUARIUS (Jan. 20-Feb. 19) -- Usually you are a pretty independent individual who is quite capable of thinking things through carefully and honestly, so don't allow your companions to unduly influence your opinions in ways you will regret.

PISCES (Feb. 20-March 20) -- You had better personally supervise each and every phase of any special services that you are having performed for you. This will be especially

important if the workers who are doing the job are new to you.

ARIES (March 21-April 19) -- Guard against being overly possessive of those close to you, because if you are, they will do just the opposite of what you want just to prove they are their own people.

TAURUS (April 20-May 20) -- It is to your advantage to first discuss with other members of the household any changes or domestic decisions you would like to make that would affect them. If you don't, you will be rebuffed later.

GEMINI (May 21-June 20) -- Unfortunately, problems at work will be traceable to

your poor concentration. Remain focused on your assignments at all times, because the minute your back is turned, things will go awry.

CANCER (June 21-July 22) -- There is rarely a good time to gamble or speculate, so think twice about putting up money you can't afford to lose on something that is sheer, wild guesswork. Chances are you will lose.

LEO (July 23-Aug. 22) -- You will find yourself up front marching all alone if you decide to champion what everyone else says is an unpopular cause. It would be far wiser to wait until you can muster reliable support.

VIRGO (Aug. 23-Sept. 22) -- Complications with which

you will be faced are of your own making, but what will make matters far worse is if you attempt to blame these unhappy mishaps on others. Fess up and take responsibility.

LIBRA (Sept. 23-Oct. 23) -- It's always a big mistake to yield to peer pressure and do something that is totally against your better judgment. If you are weak and cave in, you will have to accept the bitter consequences.

SCORPIO (Oct. 24-Nov. 22) -- Too many irons in the fire usually proves to be self-defeating. If you have a lot of things to do, you should attempt to do less but do each well rather than perform a mediocre job on all of them.

SAGITTARIUS (Nov. 23-

Dec. 21) -- For vanity reasons, you might feel it is necessary to pretend you are knowledgeable about something that, in reality, you are not. Your bluff will be called, and your pretense will be embarrassing.

CAPRICORN (Dec. 22-Jan. 19) -- Don't give into inclinations to poke your nose into something that doesn't concern you or your interests. If you do, you had better be prepared to accept the consequences that this behavior brings.

Trying to patch up a broken romance? The Astro-Graph Matchmaker wheel can help you understand what to do to make the relationship work. Mail \$2.75 to Matchmaker, P.O. Box 167, Wickliffe, OH 44092-0167.



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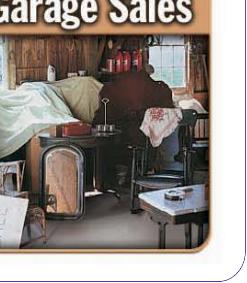
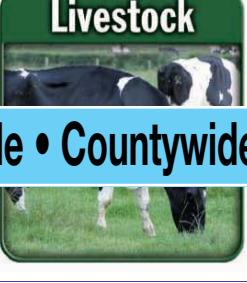
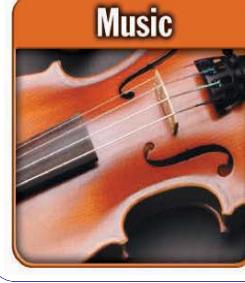
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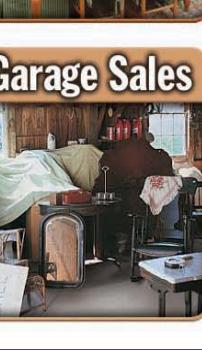
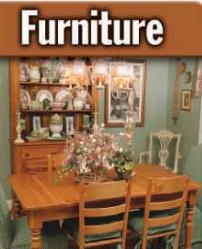
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3-DAY FORECAST

TODAY

42°

Mostly cloudy with a touch of rain

TONIGHT

33°

Periods of rain

WEDNESDAY

46°

Chilly and rainy

THURSDAY

46°

Cloudy and chilly with spotty showers

SUN AND MOON

Sunrise today 7:28 a.m.
Sunset tonight 5:21 p.m.
Moonrise today 5:47 p.m.
Moonset today 7:46 a.m.

MOON PHASES

Full Jan. 22 Last Jan. 29 New Feb. 6 First Feb. 13

ALMANAC

Ukiah through 2 p.m. Monday

Temperature

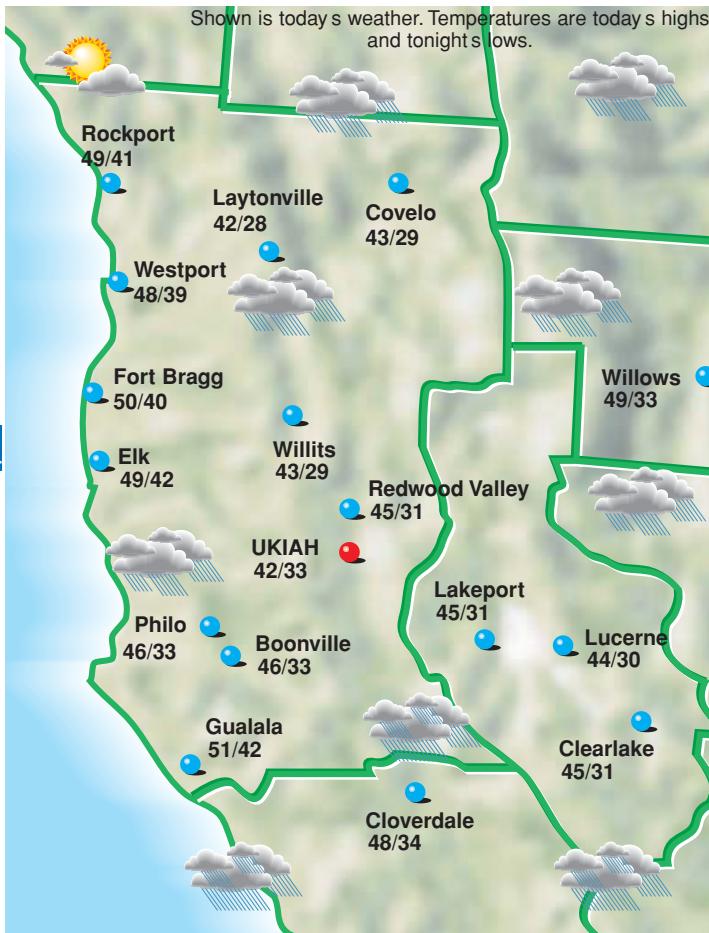
High 46
Low 30
Normal high 57
Normal low 37
Record high 74 in 1975
Record low 17 in 1937

Precipitation

24 hrs to 2 p.m. Mon. Trace
Month to date 6.88"
Normal month to date 5.26"
Season to date 16.51"
Last season to date 10.80"
Normal season to date 19.56"

Forecasts and graphics provided by AccuWeather, Inc. 2008

REGIONAL WEATHER



CALIFORNIA CITIES

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Anaheim	62/45/c	64/47/c	Napa	50/38/r	50/36/r
Antioch	50/37/r	50/36/r	Needles	63/41/pc	65/40/pc
Arroyo Grande	58/43/c	56/37/r	Oakland	53/40/r	51/41/r
Atascadero	55/38/c	53/38/r	Ontario	60/43/c	59/45/c
Auburn	48/33/c	48/34/r	Orange	62/45/c	63/43/c
Barstow	56/33/pc	59/37/pc	Oxnard	58/47/c	60/46/c
Big Sur	53/39/r	52/42/r	Palm Springs	63/42/pc	67/47/pc
Bishop	39/22/sf	50/24/c	Pasadena	62/44/c	58/47/c
Blythe	63/38/pc	66/41/pc	Pomona	62/43/c	62/41/c
Burbank	60/43/c	60/46/c	Potter Valley	45/30/c	46/33/r
California City	54/34/sh	56/27/c	Redding	49/33/c	50/32/pc
Carpinteria	58/48/c	57/45/r	Riverside	62/39/c	60/42/pc
Catalina	62/46/c	58/45/pc	Sacramento	48/35/c	48/38/r
Chico	49/34/c	50/36/r	Salinas	55/41/r	56/40/r
Crescent City	48/37/pc	53/39/pc	San Bernardino	61/41/c	62/43/pc
Death Valley	62/39/c	67/36/pc	San Diego	63/40/c	63/51/c
Downey	62/46/c	60/48/c	San Fernando	58/42/c	55/45/c
Encinitas	62/48/c	61/47/pc	San Francisco	53/44/r	52/42/c
Escondido	63/41/c	63/45/c	San Jose	54/39/r	53/40/r
Eureka	54/34/c	53/37/pc	San Luis Obispo	58/40/c	60/39/r
Fort Bragg	50/40/c	50/37/r	San Rafael	51/38/r	51/39/r
Fresno	54/38/c	54/42/sh	Santa Ana	62/46/c	65/49/pc
Gilroy	54/38/r	52/37/r	Santa Barbara	58/41/c	60/43/r
Indio	66/40/pc	67/41/pc	Santa Cruz	55/40/r	54/40/r
Irvine	62/46/c	65/49/pc	Santa Monica	62/46/c	60/48/pc
Hollywood	62/44/c	58/47/pc	Santa Rosa	46/34/r	45/35/r
Lake Arrowhead	35/27/sf	37/29/pc	S. Lake Tahoe	28/14/sf	34/19/sn
Lodi	51/36/c	50/37/r	Stockton	50/36/c	50/36/r
Lompoc	58/42/c	61/39/r	Tahoe Valley	28/14/sf	34/19/sn
Long Beach	62/44/c	61/46/c	Torrance	62/47/c	60/49/pc
Los Angeles	62/46/c	63/48/pc	Vacaville	45/35/c	47/34/r
Mammoth	31/15/sf	33/19/f	Vallejo	51/40/r	50/38/r
Marysville	49/35/c	49/37/r	Van Nuys	62/43/c	60/45/pc
Modesto	52/38/c	51/39/r	Visalia	56/37/c	58/40/sh
Monrovia	62/43/c	58/46/pc	Willits	43/29/c	46/32/r
Monterey	57/43/r	57/40/r	Yosemite Valley	37/23/sf	38/25/st
Morro Bay	57/43/c	57/41/r	Yreka	39/18/c	42/21/pc

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Lake Mendocino – Lake level: 726.43 feet; Storage: 50,794 acre-feet (Maximum storage 122,500 acre-feet) Inflow: 283 cfs Outflow: 218 cfs Air quality – Not available

Weather

Continued from Page 1

with it more rain, and equally chilling temperatures. According to Burger, the average temperature for the Ukiah

area at this time is 57, but highs throughout the week are expected to hover in the 40s -- almost 20 degrees below normal.

"It does look like there are increasing chances for rain later in the week going into

Wednesday and Thursday," Burger said. "These should be good opportunities to pick up some rain. In Ukiah, we're looking at about half an inch of rain until Thursday. Then on Thursday and Friday, a more significant storm will

come through, and that will probably bring an increase in rainfall as much as one or two inches."

But according to Burger the typical January climate in the area calls for a slight chance of rain on any given day.

"Given this time of year, climatologically you'd have a

chance for rain of about 50 percent each and every day, and we're not looking all that different throughout the week," he said.

Burger said that since the start of the rainfall season in July of 2007 Ukiah has had 16.51 inches of rain -- about three inches less than average

-- but there will opportunities to make that up in the near future.

"We'll have plenty of opportunities to chip away at the deficit throughout the week."

Zack Sampsel can be reached at udjzs@pacific.net.

Spot

Continued from Page 1

with the letter of their county.

To the weather service office, Reugg, a resident of Arcata, is known as H1.

"They're really the eyes and ears for us," said Tony Ashford, the local program manager. The program is a part of a national effort by the National Weather Service to be as accurate as possible. The local service has over 150 active spotters. Many volunteers are retired and weather buffs who enjoy keeping tabs on their environment. The program has spotters in Humboldt, Trinity, Mendocino and Del Norte counties. They can call 24 hours a day, or radio observations in.

Yesterday, Ashford and his associates held an open house to inform and recruit new weather spotters. About 60

people showed up, a mix of new volunteers and seasoned spotters who wanted to check out the office's latest technology.

"The purpose of the open house is to let spotters in and see how we run our office and why they are needed," said Ashford.

Weather spotters help alert the service of significant weather that might be hard to see on computers, and to verify information gathered by its equipment.

Spotters report serve weather conditions, such as hail, snow, waterspouts or strong winds, while also learning basic meteorology and attending training sessions about once a year.

Like Reugg, many volunteers have been spotting weather for years. Ashford said he's come to know the personal lives of spotters through their weather reporting interactions. He can even identify spotters by their voice, or spotter number.

When Vince Irwin, a retired teacher, mentions his call number, T27, Ashford immediately recognizes it, praising Irwin and his wife Margaret for their observations from their home in Forest Glen in Trinity County.

"Yours are some of the most precise weather reports," he said to Irwin, adding that their observations are important because there are not enough spotters in their elevation. Ashford said the program is looking for more volunteers from any mountainous areas and Del Norte county in general.

Margaret Irwin said her husband has always been a weather buff, and they've been spotters for about 10 years. She said learning how to be a spotter is easy and interesting. She enjoys watching the weather, especially in the poorest conditions.

"It's best when it's bad," she said with a smile.

needs to be erased. Volunteers can handle that shelter. This was hard for the community to take."

Volunteer Carol Lillis said, "If we had been given more time, it would have been easier. Fostered (dogs and cats) went out (to homes) without proper vet care. There's no current agreement with coast vets. Please pressure the county for proper vet care."

"We had plenty of people to take care of the animals in the shelter. That would have been the best solution."

"If county counsel doesn't approve (allowing volunteers to work), I think we're prepared to fight it. I hope you'll help us with that."

Jeanne Gocker, also of the "Friends" group, reported that she has volunteered with others in similar situations in shelters for many years.

"We weren't allowed to do anything. Why?" she said. "This is one problem that

Mahoney told the council the situation is improving all the time, but it is critical that everyone stay engaged and committed to partnering resources and aid for the shelter.

Mahoney told the council the situation is improving all the time, but it is critical that everyone stay engaged and committed to partnering resources and aid for the shelter.

"I think it will really work," said Mahoney. "All we need to do is keep moving forward. Otherwise, we'll lose

the game over time."

Councilman Melo told Angelo he's seen many of the same faces at volunteer meetings he's attended.

"That's a characteristic of coastal communities. In December, the county received some very adverse publicity," said Melo. "Volunteers absolutely need to be nurtured and pat on the back. Show them your appreciation. Let them have that responsibility. They will help you achieve your goals. That is what can happen here."

Mayor Hammerstrom asked Angelo to, "Do it as we would. Work well with volunteers."

Hammerstrom directed City Manager Linda Ruffing to meet with the "Friends" to hear more about what they are proposing and then give the council a follow-up report. He also encouraged Melo's participation with the volunteer group.

Quakes

Continued from Page 1

somewhere in the Bay Area in the next 30 years. Together, the Hayward fault and the Rodgers Creek fault account for 27 percent of that probability, more than any other fault in the area, including the San Andreas, which has a 21 percent chance.

The estimates were made by combining results from five different models that are based on different ideas. For example, one model assumes that the next 30 years will be similar to the last 30 years and have very few major earthquakes.

Another takes into account what is known as the 1906 earthquake shadow, which is the stress relieving effect that earthquake had on all the faults in the area, and assumes there will be an increasing number of quakes in the future as we leave that shadow. "There's physics that we don't understand that has shut down the seismicity in the Bay Area over the last 100 years since 1906," said USGS geophysicist Fred Pollitz.

The new model, developed by Pollitz and Schwartz and USGS, suggests that we may already have reached the shadow's end.

The magnitude 6.9 Loma Prieta earthquake in 1989 may have been the first sign that stress was again building to critical levels on faults in the region. But that earthquake had its own, much smaller shadow that extended the quake period.

"Now there are indications

that we've emerged from that shadow," such as the magnitude 5 jolt that hit near Alum Rock in October, Pollitz said. "Any benefit we might have derived from the 1989 shadow has now pretty much vanished."

Because the Bay Area has so many faults so close together, what happens beneath one fault affects the other faults. To get an idea of how the faults interact, Schwartz and Pollitz modeled how the deep crust behaves in the Bay Area.

"To me, that's exactly the right thing to do," said UC Berkeley geophysicist Roland Burgmann. "It's a step in the right direction."

Below the upper nine or 10 miles of the earth's crust where rock is brittle and faults are locked together, temperatures and pressures are so high that rock actually flows like a very thick, very slow liquid. After a fault slips in an earthquake, the deeper rock reacts by flowing.

The idea is that after an earthquake, the stress is transferred through the deep crust to neighboring faults and affects their stress level.

"You get stress changes that move out from the fault, but they do so much more slowly," Schwartz said.

The Bay Area experiences an overabundance of earthquakes because it sits atop one of the most dangerous zones on Earth: the boundary between two tectonic plates.

As the Pacific plate inches northward relative to the North American plate,